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ABSTRACT

This report discusses results of the Nevada Department of Education's fourth statewide administration of the Youth Risk Behavior Survey. Students in grades 9, 10, 11, and 12 (N=2,702) from 75 public high schools participated in the study. Nevada high school students reported behaviors that equaled or exceeded goals established in the national health objectives for the year 2000. These goals include reducing physical fighting, weapon carrying, injurious suicide, increasing HIV/AIDS education, and exercise/physical activity. More Nevada students are: using seatbelts; exercising and dieting to control their weight; engaging in vigorous physical activity three or more days per week; and attending physical education classes at least once a week. Fewer participants reported that they: are missing school because of safety concerns; are thinking seriously about suicide; are having sex without the use of contraception; are drinking alcohol or using marijuana on school property; have used cocaine in the last month; have a lifetime use of inhalants; and have offered, sold, or given illegal drugs on school property. While progress was made in a number of areas, backsliding is apparent in the lack of motorcycle helmet use, driving under the influence, and in the use of cigarettes, alcohol, and marijuana. Additionally, more than half of students now report sexual activity. Condom use is down, and an increased proportion of students have become pregnant or have gotten someone pregnant. Appendix A provides Assembly Concurrent Resolution No. 10. (Contains 47 references.) (MKA)

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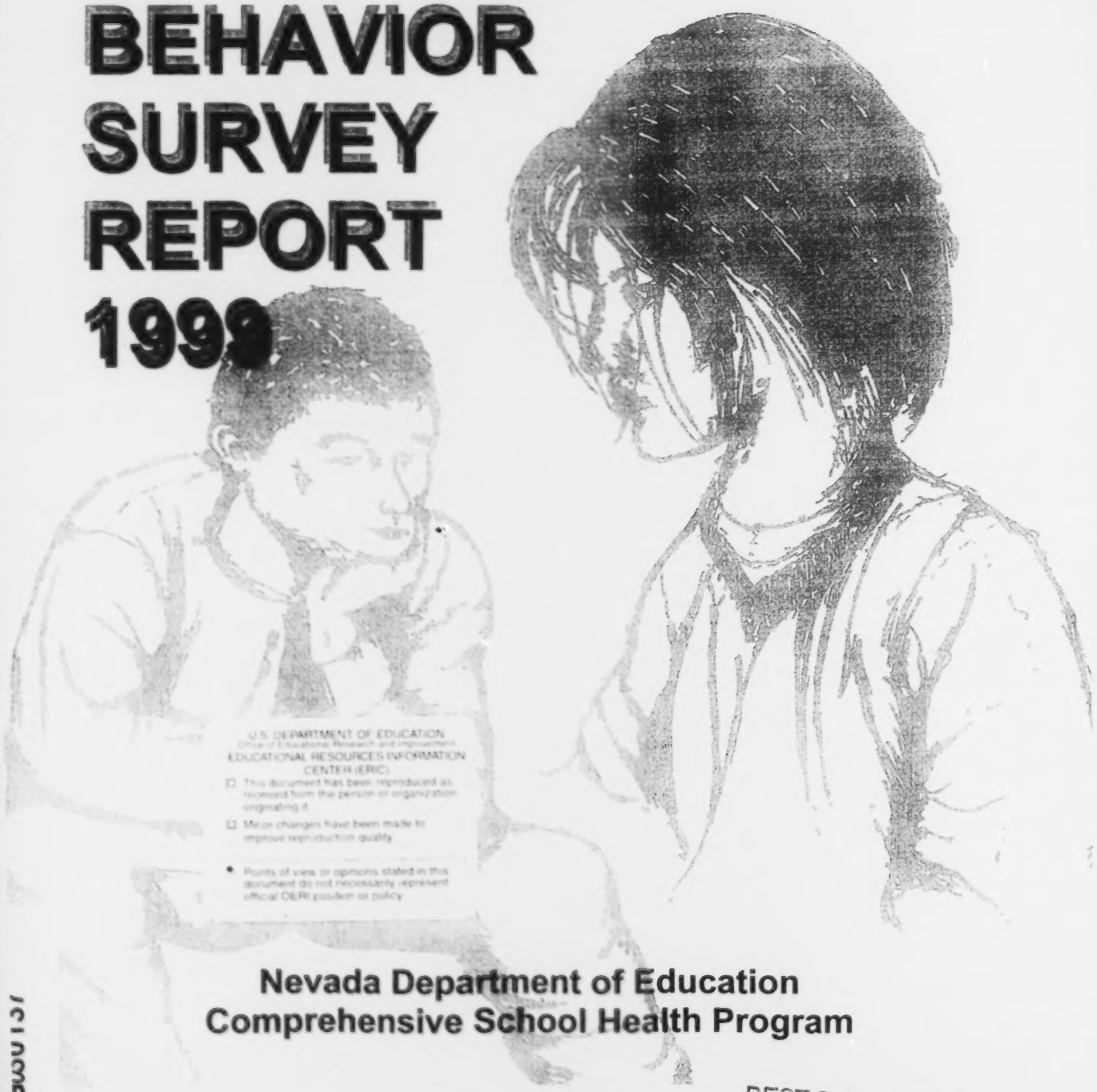

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Nevada Department of Education
Comprehensive School Health Program

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1999
Nevada Youth Risk Behavior Survey Report

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December 1999

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1999 Nevada Youth Risk Behavior Survey

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NEVADA DEPARTMENT OF EDUCATION
1999 YOUTH RISK BEHAVIOR SURVEY RESULTS

Executive Summary

In the spring of 1999, the Nevada Department of Education conducted its fourth statewide administration of the Youth Risk Behavior Survey (YRBS) as part of the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System. The CDC uses this epidemiological surveillance system to measure the prevalence of priority health and safety behaviors that put youth at risk for significant health and social problems and to monitor progress toward achieving relevant national health objectives for the year 2000.

A total of 2,702 students in 73 public schools containing grades 9, 10, 11, or 12 were selected for participation in the 87-item, multiple choice YRBS. The school response rate was 97 percent and the student response rate, based on 1,677 usable questionnaires received from the sampled students, was 62 percent. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary, and parent permission (active or passive) was obtained.

The data generated from the 1993 Nevada YRBS provided the first benchmark of the prevalence of certain risk behaviors practiced by Nevada adolescent youth. Subsequent YRBS results not only assess the prevalence of these behaviors, they also provide a measure of the State's progress toward achieving relevant national health objectives for the year 2000. The students who participated in the survey are representative of students in Nevada. The results can be used to make important inferences concerning the health-risk behaviors of all Nevada public high school students in grades 9-12.

Goals Attained or Surpassed

The proportions of Nevada high school students reporting the following desired behaviors currently **equal or exceed** the goals established in the national health objectives for the year 2000.

- Physical fighting at school has been reduced by 32 percent since 1993. (20% goal)
- Weapon carrying by adolescents has been reduced since 1993 as follows: (20% goals)
  - weapon carrying in the past 30 days–down 25 percent;
  - gun carrying in the past 30 days–down 39 percent; and
  - weapon carrying at school in the past 30 days–down 33 percent.
- The incidence of injurious suicide has been reduced by 22 percent since 1993. (20% goal)
- Eighty-seven percent of students have received HIV/AIDS education in school. (85% goal)
- Sixty percent of students exercise regularly to strengthen or tone their muscles. (40% goal)
- Thirty-two percent of students engage regularly in light to moderate physical activity for at least 30 minutes per day on a regular basis. (30% goal)
- Seventy-six percent of students enrolled in PE class exercised or played sports for more than 20 minutes per class period, with the average time of physical activity ranging from 23-27 minutes. (50% of class time goal)

Progress Recorded

Since the 1997 survey administration, progress is also apparent in a number of other health and safety behaviors that may put youth at risk. **More** Nevada students now report that they are:

- using seatbelts;
- exercising and dieting to control their weight;
- engaging in vigorous physical activity three or more days per week; and
- attending physical education classes at least once a week.

Likewise, **fewer** Nevada high school students are:

- missing school because of safety concerns;
- thinking seriously about suicide;
- having sex without the use of contraception;
- drinking alcohol or using marijuana on school property;
- reporting cocaine use in the past month;
- reporting lifetime use of inhalants and
- being offered, sold, or given illegal drugs on school property.

Areas for Improvement

While progress has been made in a number of areas, backsliding is apparent in the use of motorcycle helmets, in driving under the influence, and in the use of cigarettes, alcohol, and marijuana. Additionally, more than half of students now report sexual activity, condom use is down, and an increased proportion of students have been pregnant or have gotten someone pregnant.

The findings below and on the next two pages (listed sequentially by category) summarize Nevada students' responses to the 1999 Youth Risk Behavior Survey questions, offer comparisons with 1997 YRBS results, and identify both statewide strengths and areas of concern.

Behaviors that Result in Unintentional and Intentional Injuries

- Thirty-eight percent of students always wore seat belts when riding in a car, a 12 percent improvement over 1997 results and a step closer to the 85 percent goal for the year 2000.

- Since 1997, the proportion of students who always wore a helmet when riding a motorcycle dropped by about 8 percent to 48 percent, while the percentage of bicyclists who always wore protective head gear remained unchanged at 3 percent. Much improvement is still needed to reach the motorcycle and bicycle helmet use goals for the year 2000 of 80 percent and 50 percent, respectively.

- The percentage of students who rode with a driver who had been drinking alcohol increased from 33 percent to 35 percent since the last survey, and the proportion of students who drove a car when they had been drinking rose from 15 percent to 17 percent.

- Progress was apparent on all measures of adolescent weapon carrying in the past 30 days. Since the last survey, weapon carrying dropped 10 percent, gun carrying dropped 17 percent, and weapon carrying on school property dropped 20 percent. Across all three measures, this represents a cumulative drop of 32% since 1993 and exceeds the year 2000 goal of reducing weapon-carrying by 20 percent.

- Approximately 34 percent of students were in a physical fight during the previous year, and about 14 percent fought on school property. These figures reflect little change from the 1997 survey but represent respective declines of 18.5 percent and 31.8 percent over 1993 figures, indicating significant progress toward reducing fighting by 20 percent by the year 2000.

- Twenty percent of students seriously considered attempting suicide during the past year, a 9 percent improvement over the 1997 survey. Nine percent of students actually attempted suicide, and 27 percent of those who attempted suicide sustained injuries requiring medical treatment (increases of 12% and 23%, respectively, over 1997 figures). Nevertheless, the 22 percent reduction in injurious suicide since 1993 exceeds the 15 percent year 2000 goal.

Tobacco Use

- The percentage of students who have ever tried cigarettes remained unchanged since 1997, but regular or daily smoking increased 13 percent. More than two-thirds (69%) of students have tried smoking cigarettes, and approximately 17 percent report regular smoking.

- More than one out of every four students (27%) smoked a whole cigarette for the first time before age 13. This represents a 17 percent increase over 1997 figures and contributed to a two-tenths of a year decrease in the average age of first use of cigarettes.

- Nearly half (49%) of the students who bought cigarettes in a store during the 30 days prior to the survey were not asked to show proof of age, a 20 percent worsening from 1997. Four-fifths of those students who were not asked for identification were under 18.

- During the 30 days preceding the survey, 10 percent of students (16% of males and 4% of females) used chewing tobacco or snuff. Since 1997, use by females has doubled, while use by males has remained unchanged at four times the national goal of 4 percent.

Alcohol and Other Drug Use

- Eighty-one percent of high school students have had at least one full drink of alcohol during their lifetime, an increase of 3 percent over 1997 figures. Some 38 percent of students had their first full drink before the age of 13, nearly 3 percent more than in 1997.

- During the month before the survey, 53 percent of students had at least one drink of alcohol, 36 percent had five or more drinks in a row, and 7 percent drank alcohol on school property. The first two of these figures reflect increases over 1997; the third is down 13 percent.

- Nearly half (49.5%) of high school students have used marijuana at least once in their life, and more than a fourth (26%) used it during the month prior to the survey. These figures represent increases of 9 percent and 4 percent, respectively, over 1997. Sixteen percent of students first tried marijuana before they were 13, and 9 percent have used it on school property during the past month.

- A 2 percent increase occurred in lifetime cocaine use among high school students; however, use in the past month dropped 13 percent. More than one in ten students (13%) used some form of cocaine at least once during their life, and 4.9 percent used it in the past month.

- Nineteen percent of high school students have sniffed glue or inhaled other substances to get high during their life, and 5 percent have inhaled substances during the past 30 days. Lifetime use of heroin, methamphetamines, and steroids were reported by 3 percent, 16 percent, and 4 percent of students, respectively; and 3 percent of students report having used a needle to inject illegal drugs into their body.

- Fewer than a third (31%) of high school students were offered, sold, or given illegal drugs on school property one or more times in the past year, an 18 percent improvement over 1997.

Sexual Behaviors and Health-Related Outcomes

- Eighty-seven percent of high school students have been taught about AIDS/HIV infection in school, down 4 percent from 1997, but still 2 points above the 85 percent goal set for 2000.

- Fifty-one percent of high school students have had sexual intercourse at least once in their life, an 8.5 percent increase over 1997. Seven percent of students report that they had sexual intercourse for the first time before the age of 13, and 37 percent had sexual intercourse in the past three months. The proportion of sexually active youth who abstained from sexual activity during the past three months (28%) has remained unchanged since 1995, and considerable progress is needed to attain the year 2000 goal of increasing that proportion to 40 percent.

- Among students who have had sexual intercourse, only 15 percent indicated that neither they nor their partners used any method of birth control the last time they had sexual intercourse, a 10 percent improvement over 1997 and a move toward the goal of 90 percent use of contraception. However, 7.5 percent of students reported that they have been pregnant or have gotten someone pregnant, a 25 percent increase from 1997.

Dietary Behaviors

- Approximately 13 percent of high school students are at risk for becoming overweight and roughly 6 percent are overweight according to calculations of body mass index from self-reported height and weight.

- More than half of high school students (56%) thought they were about the right weight, nearly 27 percent believed they were overweight, and 17 percent felt they were underweight. More than twice as many female students (60%) as male students (24%) were trying to lose weight.

- Exercising (61%) and dieting (39%) were far more common techniques for weight loss or maintenance than fasting (12%), vomiting/taking laxatives (5%) or taking diet pills (8%). Females were more likely than males to use each of these five methods.

- During the week prior to the survey, 85 percent of high school students drank 100% fruit juice, 86 percent ate fruit, 72 percent ate a green salad, 73 percent ate potatoes, 55 percent ate carrots, and 86 percent ate other vegetables.

- Twenty-two percent of high school students ate five or more servings of fruit and vegetables each day during the week prior to the survey, and 21 percent drank three or more glasses of milk per day in the past seven days. Females were slightly more likely to have eaten five or more servings of fruit and vegetables each day, while males were more than twice as likely to have had three glasses of milk per day.

Physical Activity

- Sixty-nine percent of high school students participated in at least 20 minutes of aerobic activity on three or more days during the week prior to the survey, up 5 percent from 1997, but still somewhat short of the 75 percent goal for the year 2000.

- On three or more days during the week preceding the survey, 32 percent of students engaged in light to moderate physical activity for at least 30 minutes, and 60 percent did exercises to strengthen or tone their muscles. These rates have improved slightly since 1997 and exceed goals for the year 2000 of 30 percent and 40 percent, respectively.

- Fifty-nine percent of high school students attended Physical Education classes (PE) at least once in an average school week and 36 percent went to PE daily. Weekly PE attendance is up since 1997, but daily PE has decreased in the past two years and the rate of daily PE continues to fall short of the 50 percent goal set for the year 2000. Among students who took PE, 76 percent exercised or played sports for more than 20 minutes during their PE class, down from 77 percent in 1997 but still well above the 50 percent national goal.

Introduction

In the spring of 1999, the Nevada Department of Education conducted its fourth statewide administration of the Youth Risk Behavior Survey (YRBS) as part of the United States Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance System. The CDC uses this epidemiological surveillance system to measure the prevalence of six priority health-risk behaviors among youth and to monitor progress toward achieving relevant national health objectives for the year 2000.

YRBS Development

Development of the YRBS began in 1988 when the CDC examined the leading causes of morbidity and mortality among youth and adults. They found that for adolescents and young adults nearly 70 percent of all deaths and considerable acute and chronic morbidity stem from only four causes: motor vehicle crashes, other unintentional injuries, homicides, and suicides. In addition, significant morbidity and social problems result from the more than one million teenage girls who become pregnant each year, and significant morbidity results from the more than 10 million new cases of sexually transmitted diseases (STDs) that occur each year among people aged 15-29 and from the growing number of AIDS cases among adolescents that have made AIDS the sixth leading cause of death for youth aged 15-24.

This study suggested that a relatively small number of preventable behaviors, such as drinking alcohol and driving, failing to wear seat belts, and engaging in unprotected intercourse, contribute greatly to these causes of morbidity and mortality among youth and young adults. These behaviors are usually established during youth, continue into adulthood, and are often interrelated.

For persons in all age groups combined, more than 60 percent of all deaths and a significant amount of acute and chronic morbidity result from only three causes: heart disease, cancer, and stroke. Again, a limited number of behaviors, including tobacco use, unhealthy dietary patterns, and insufficient physical activity, contribute substantially to these three health problems. These behaviors, too, are often established during youth, extend into adulthood, and are interrelated.

Once the specific behaviors that contribute to the leading causes of death and disease were identified, the CDC categorized them into the following six risk areas:

- behaviors that result in unintentional or intentional injuries
- tobacco use
- alcohol and other drug use
- sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies
- dietary behaviors
- physical inactivity

YRBS questions were then designed to measure the prevalence of risk behaviors with highest priority within each category. The survey was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, in collaboration with representatives from 71 state and local departments of education and 19 other federal agencies. The original core questionnaire, completed in the fall of 1990, contained 75 multiple choice questions. The 1999 YRBS, which contained a number of modifications from the questionnaire used in 1995 and 1997, consisted of six demographic questions and 81items related to the practice of behaviors associated with each of the six identified risk areas.

YRBS Administration

CDC began conducting national school-based surveys in the spring of 1990. During that same year, they began offering fiscal and technical assistance to states and the 16 local departments of education that had participated in survey development to enable them to conduct state and local school-based surveys. Both the national and the state and local school-based surveys have been conducted during odd-numbered years throughout the decade.

The data generated from the 1993 Nevada YRBS provided the first benchmark of the prevalence of certain risk behaviors practiced by Nevada adolescent youth. The 1995, 1997, and 1999 YRBS results not only assess the prevalence of these behaviors, they also provide a measure of the State's progress toward achieving relevant national health objectives for the year 2000 and assist educators in focusing their instructional efforts on those areas in which students demonstrate a significant lack of the information and skills necessary to make healthy choices. (See Trends Analysis.) Because state mandates require local autonomy, priorities for school health programs are unique to each of the 17 county school districts. Therefore, it is inappropriate to use student self-reported risk-taking behavior as identified in the YRBS results to evaluate the effectiveness of statewide efforts to implement NRS 389.065 and comprehensive school health programs as supported by Assembly Concurrent Resolution No. 10. (See Appendix.)

Survey Procedure

In July 1998, information regarding Nevada's participation in the 1999 Youth Risk Behavior Survey and changes in the YRBS questionnaire was mailed to the superintendents of Nevada's 17 school districts. A representative from the Nevada Department of Education gave a presentation about the survey at the October 1998 Superintendents' Meeting and requested that districts update information regarding their YRBS contact person, the type of parent permission they planned to obtain (active or passive), and whether they wished to receive local data. In January 1999, high school principals in the 16 districts which operate secondary schools were notified that the sampling procedures for the March administration of the 1999 Nevada YRBS called for data to be collected from randomly sampled classes of students enrolled in grades 9 through 12 and were asked to provide a list of all regular second period classes taught to students in those grades.

Classes to be surveyed were randomly selected from enrollment lists of second period classes submitted by principals of all eligible schools. Packets of information sent to schools included a copy of the YRBS for parent preview, a school-level information form, and a sample parent permission/notification letter for printing on the school's letterhead (active or passive, as determined by the individual district). Also included was an individual envelope for each participating classroom containing YRBS booklets, a script for administering the survey, tracking and assurance of confidentiality forms, and a pre-addressed return envelope.

On a site-determined date between March 1 and April 9, 1999, surveys were administered during second-period classes to students who had been granted permission. Survey booklets, along with required documentation, were returned to the Nevada Department of Education upon completion.

Teachers administering the survey to students were provided with detailed written instructions to ensure uniform survey administration across sites. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary. Students could decline to participate, turn in blank or incomplete survey forms, or stop completing the survey at any time. The protocols used in the YRBS ensured that participating schools did not violate any federal laws protecting students' rights and privacy.

Sample Description

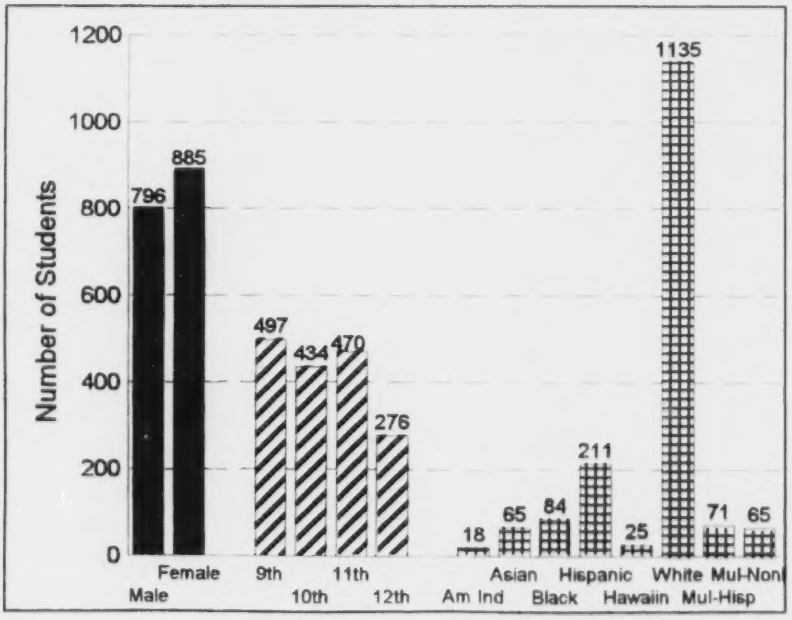
All regular public schools containing grades 9, 10, 11, or 12 were included in the sample. All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey.

A total of 2,702 students in 75 public high schools in Nevada were selected for participation in the survey. The school response rate, which is computed using school counts that are weighted by the total number of students represented by each sampled school, was 97 percent. Usable questionnaires were received from 1,677 of the sampled students, resulting in a student response rate of 62 percent. The overall response rate for the survey was 60 percent (.97 for schools x .62 for students).

Each questionnaire was weighted to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. The weighted results can be used to make important inferences concerning the health-risk behaviors of all Nevada public high school students in grades 9 through 12.

Demographic characteristics of the 1,677 students from whom usable data were obtained are summarized below. Response to individual survey items measuring the prevalence of the identified health-risk behaviors appears on the pages that follow.

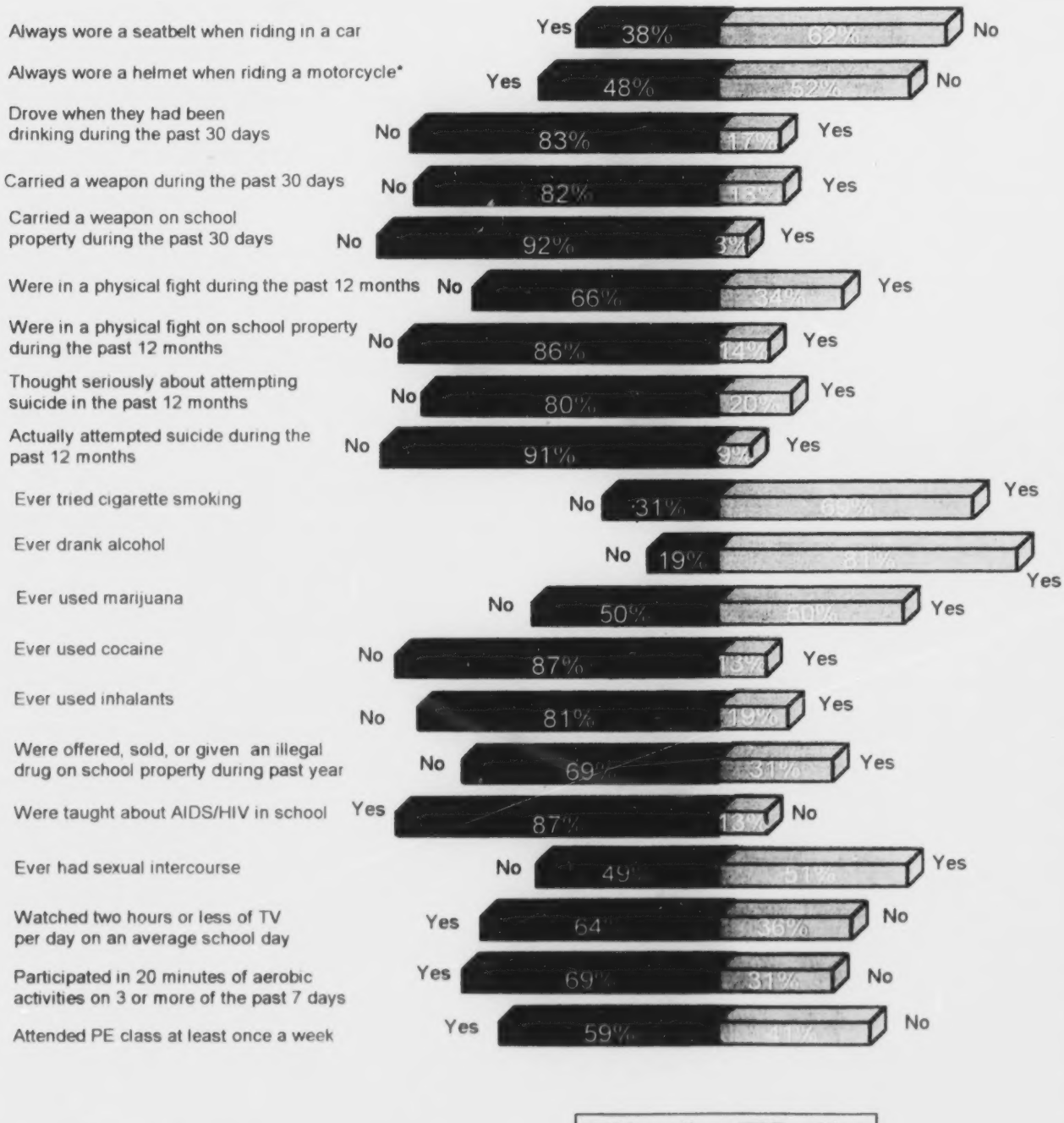
Demographic Characteristics of 1999 Nevada YRBS Participants



Highlights of 1999 Nevada YRBS Findings

Positive vs. Negative Health Behaviors

Percentage of participants who:


Always wore a seatbelt when riding in a car
Yes 38% 62% No
Always wore a helmet when riding a motorcycle*
Yes 48% 52% No
Drove when they had been drinking during the past 30 days
No 83% 17% Yes
Carried a weapon during the past 30 days
No 82% 18% Yes
Carried a weapon on school property during the past 30 days
No 92% 8% Yes
Were in a physical fight during the past 12 months
No 66% 34% Yes
Were in a physical fight on school property during the past 12 months
No 86% 14% Yes
Thought seriously about attempting suicide in the past 12 months
No 80% 20% Yes
Actually attempted suicide during the past 12 months
No 91% 9% Yes
Ever tried cigarette smoking
No 31% 69% Yes
Ever drank alcohol
No 19% 81% Yes
Ever used marijuana
No 50% 50% Yes
Ever used cocaine
No 87% 13% Yes
Ever used inhalants
No 81% 19% Yes
Were offered, sold, or given an illegal drug on school property during past year
No 69% 31% Yes
Were taught about AIDS/HIV in school
Yes 87% 13% No
Ever had sexual intercourse
No 49% 51% Yes
Watched two hours or less of TV per day on an average school day
Yes 64% 36% No
Participated in 20 minutes of aerobic activities on 3 or more of the past 7 days
Yes 69% 31% No
Attended PE class at least once a week
Yes 59% 41% No
Negative
Positive

* Of students who rode a motorcycle

BEHAVIORS THAT RESULT IN UNINTENTIONAL AND INTENTIONAL INJURIES

Automobile, Motorcycle, and Bicycle Safety

Unintentional injuries are the leading cause of death among 12- to 14-year-olds,[1] yet many unintentional injuries are preventable. Seat belt use, for example, is estimated to reduce fatal motor vehicle injuries by 45 percent and moderate to critical injuries by 50 percent.[2] Similarly, motorcycle and bicycle helmets are effective in reducing head injury, the leading cause of death in motorcycle and bicycle crashes.[3,4]

Motor vehicle crash injuries, approximately half of which involve alcohol[5], rank as the leading cause of death among youth aged 15-24.[6] Alcohol-related traffic crashes also cause serious injury and permanent disability and are the leading cause of spinal cord injury among adolescents and young adults.[7]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

9.12 Increase use of occupant protection systems, such as safety belts, inflatable safety restraints, and child safety seats, to at least 85 percent of motor vehicle occupants.

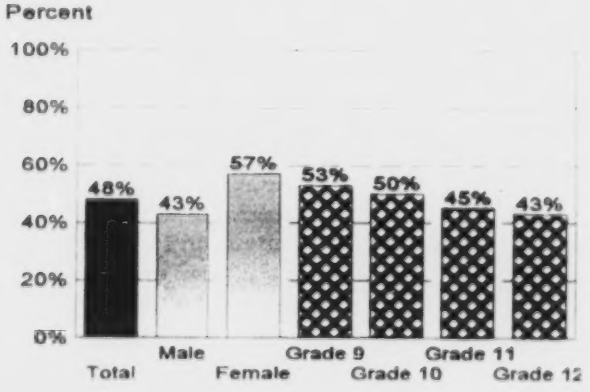
9.13 Increase use of helmets to at least 80 percent of motorcyclists and at least 50 percent of bicyclists.

9.3b Reduce deaths caused by motor vehicle crashes to no more than 33 per 100,000 youth aged 15-24.*

4.1b Reduce deaths caused by alcohol-related motor vehicle crashes to no more than 18 per 100,000 people aged 15-24.*

Response to survey items 7-11, which measure the frequency with which students engage in behaviors related to unintentional injuries, is summarized below.

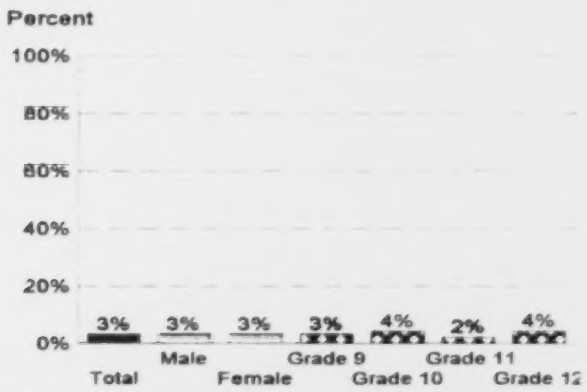
Q7 Percentage of students who rode a motorcycle during the past 12 months and always wore a helmet = 48%.



Among participating students who rode a motorcycle at least once in the year preceding the survey, 48 percent reported that they always wore a helmet. Less than half of males (43%) and 57 percent of females always wore a helmet when they rode a motorcycle. Among students who rode a motorcycle in the year prior to the survey, 53 percent of ninth graders, 50 percent of tenth graders, 45 percent of eleventh graders, and 43 percent of twelfth graders always wore a helmet. Since 1997, helmet use was down for both males and females, resulting in an overall decrease of 8 percent. Considerable progress is needed to reach the 80 percent goal established for the year 2000.

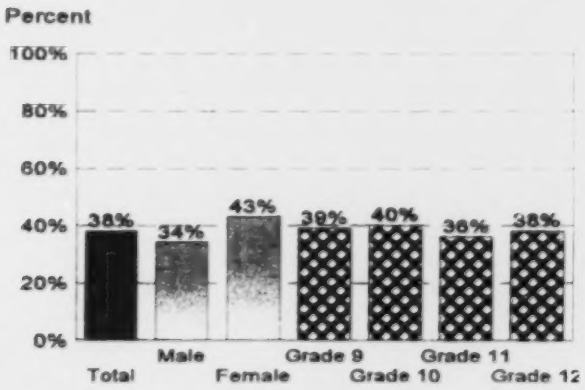
*Not directly measured by a YRBS question

Q8 Percentage of students who rode a bicycle during the past 12 months and always wore a helmet=3%.



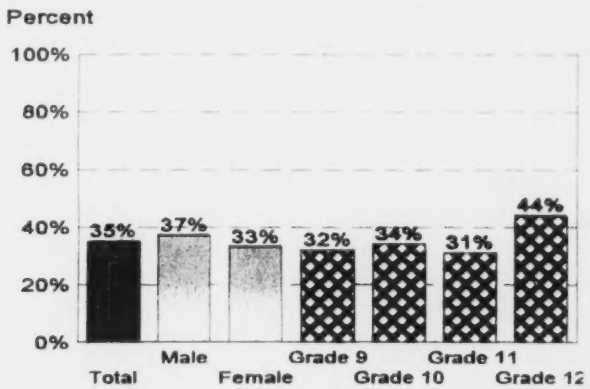
Just over 3 percent of high school students who rode a bicycle in the year preceding the survey always wore a helmet. Regular use of bicycle helmets was more prevalent among females (3.4%) than among males (2.8%). Three percent of ninth graders, 4 percent of tenth graders, 2 percent of eleventh graders, and 4 percent of twelfth graders reported that they always wore a helmet when riding a bicycle. Since the percentage of helmet use has shown no increase since 1997, much progress is still needed to meet the desired goal of 50 percent of bicyclists wearing helmets by the year 2000.

Q9 Percentage of students who always wore a seat belt when riding in a car driven by someone else=38%.



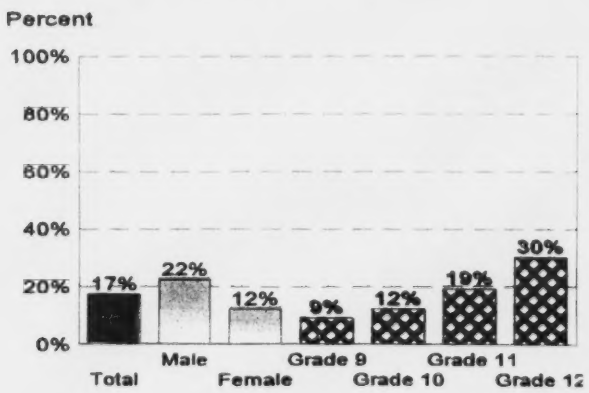
Approximately 38 percent of Nevada high school students reported that they always wore a seat belt when riding in a car driven by someone else. More females (43%) than males (34%) always wore a seat belt. Thirty-nine percent of ninth graders, 40 percent of tenth graders, 36 percent of eleventh graders, and 38 percent of twelfth graders always wore a seat belt. The percentage of male students who always wore seat belts increased by 6 percent since the 1997 survey, while the percentage of females who always wore seat belts increased by 19 percent. Overall, the percentage of students who always wore a seat belt increased by 12 percent since 1997, but it still falls far short of the 85 percent goal set for the year 2000.

Q10 Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol=35%.



During the 30 days prior to the survey, 35 percent of Nevada high school students rode in a car or other vehicle with a driver who had been drinking alcohol. More males (37%) than females (33%) rode at least once in a car driven by someone who had been drinking. In the past month, 32 percent of ninth graders, 34 percent of tenth graders, 31 percent of eleventh graders, and 44 percent of twelfth graders rode in a vehicle whose driver had been drinking alcohol. Overall, the percentage of students who rode in a car in the 30 days preceding the survey with a driver who had been drinking alcohol increased 6 percent since the 1997 survey.

Q11 Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol = 17%.



Seventeen percent of Nevada high school students drove a car or other vehicle when they had been drinking alcohol during the 30 days preceding the survey. Significantly more males (22%) than females (12%) drove a car when they had been drinking alcohol. Nine percent of ninth graders, 12 percent of tenth graders, 19 percent of eleventh graders, and 30 percent of twelfth graders drove a car when they had been drinking alcohol in the month before the survey. Since the 1997 survey, while both eleventh and twelfth graders were less likely to report that they drove a car when they had been drinking, the percentage of ninth and tenth graders reporting this behavior increased by a whopping 62 percent,

Weapons, Victimization, and Fighting

Approximately 9 out of 10 homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club.[8] Homicide is the second leading cause of death among all youth aged 15-24 and the leading cause of death among black youth in the same age group.[6] During adolescence, homicide rates increase 15 times, from a negligible rate of 1.5 per 100,000 in youth aged 5-14 to 20.3 per 100,000 in youth age 15-24.[9] Nonfatal violence, i.e., fighting, often precedes fatal violence among young persons.[10] Nearly 60 percent of adolescents report at least one episode of dating violence,[11] while 20 percent report they have experienced forced sex[12]. Forced sex has been associated with suicide and with alcohol and drug use[13,14]. Firearms markedly elevate the severity of the health consequences of violent behavior.[15]

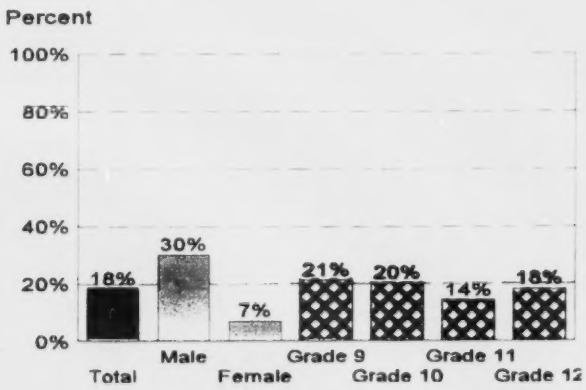
RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

7.10 Reduce by 20 percent the incidence of weapon carrying by adolescents aged 14-17.

7.9 Reduce by 20 percent the incidence of physical fighting among adolescents aged 14-17.

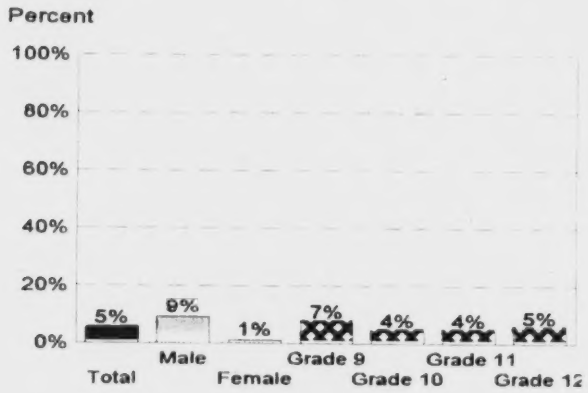
Response to survey items 12-21, which measure the frequency with which Nevada students engage in violence-related behaviors or are the victims of violence, is displayed below.

Q12 Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days = 18%.



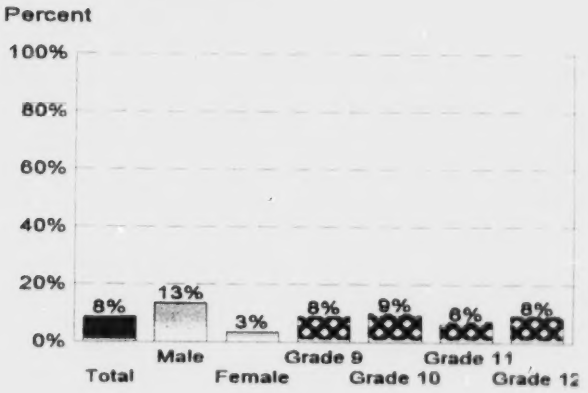
Eighteen percent of Nevada high school students carried a weapon such as a gun, knife, or club during the 30 days prior to the survey. More than four times as many males (30%) as females (7%) carried a weapon. Twenty-one percent of ninth graders, 20 percent of tenth graders, 14 percent of eleventh graders, and 18 percent of twelfth graders carried a weapon in the month preceding the survey. Overall, the percentage of students carrying weapons decreased 10 percent from 1997. By grade level, changes ranged from a 5 percent increase at grade 9 to a 33 percent decrease at grade 11.

Q13 Percentage of students who carried a gun on one or more of the past 30 days = 5%.



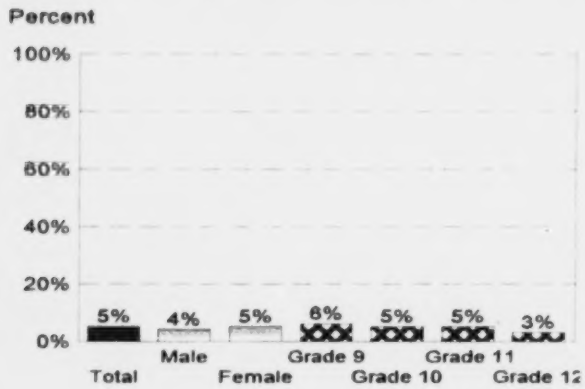
Five percent of Nevada high school students carried a gun during the 30 days prior to the survey. Males were nine times more likely to have carried a gun (9%) than females (1%). Since 1997, the percentage of males who carried a gun is unchanged, but the percentage of females dropped by two-thirds, contributing to an overall decrease of nearly 17 percent. Seven percent of ninth graders, 4 percent each of tenth graders and eleventh graders, and 5 percent of twelfth graders carried a gun in the month prior to the survey. More than a third (35%) of students who carried a gun, carried it on 6 or more days in the month before the survey.

Q14 Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days = 8%.



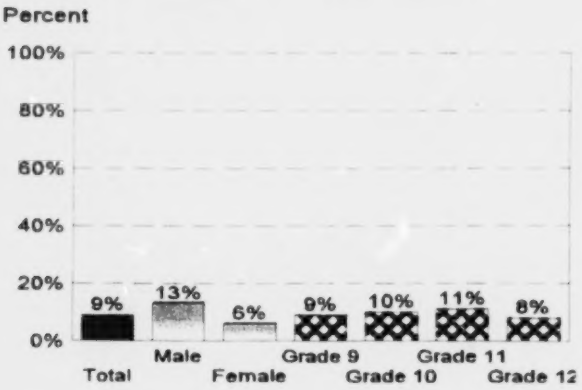
Eight percent of Nevada high school students carried a weapon on school property during the month prior to the survey. More than four times as many males (13%) as females (3%) carried a weapon on school property. Since 1997, the percentage of females carrying weapons on school property dropped 40 percent, while the percentage of males fell 13 percent. This resulted in an overall decrease of 20 percent. Declines in weapon carrying were apparent at all grade levels. Eight percent of ninth graders, 9 percent of tenth graders, 6 percent of eleventh graders, and 8 percent of twelfth graders carried weapons on school property. Among students who carried a weapon at school during the month prior to the survey, 53 percent carried one on 6 or more days.

Q15 Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school = 5%.



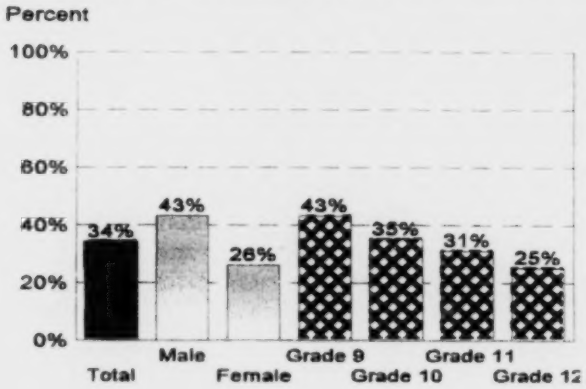
Five percent of Nevada high school students stayed home from school at least once during the month preceding the survey because they felt they would be unsafe at school or on the way to or from school. Females were slightly more likely to report that they had stayed home (5%) than males (4%); however, more than half of the females who stayed home (57%) did so for only one day while 56 percent of males who stayed home missed 2 or more days. Six percent of ninth graders, 5 percent each of tenth and eleventh graders, and 3 percent of twelfth graders reported staying home because they felt they would be unsafe. Since 1997, the percentage of students who stayed home from school because of safety concerns has dropped 17 percent.

Q16 Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months = 9%.



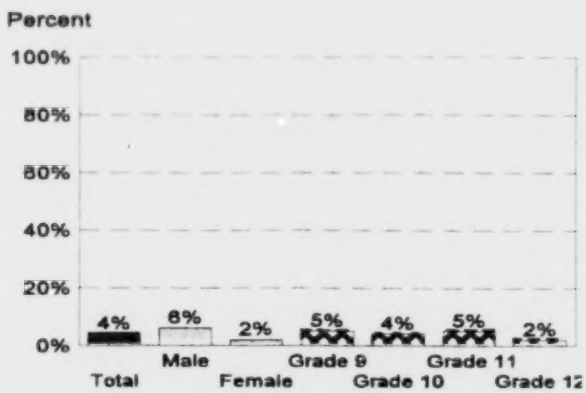
Nine percent of Nevada high school students were threatened or injured with a weapon at school in the preceding year. Males (13%) were significantly more likely to report having been threatened or injured with a weapon than females (6%). Nine percent of ninth graders, 10 percent of tenth graders, 11 percent of eleventh graders, and 8 percent of twelfth graders were threatened or injured with a weapon on school property during the prior year. The percentage of students who reported being threatened or injured with a weapon at school actually rose slightly (from 8.5% to 9.4%) since the 1997 survey.

Q17 Percentage of students who were in a physical fight one or more times during the past 12 months = 34%.



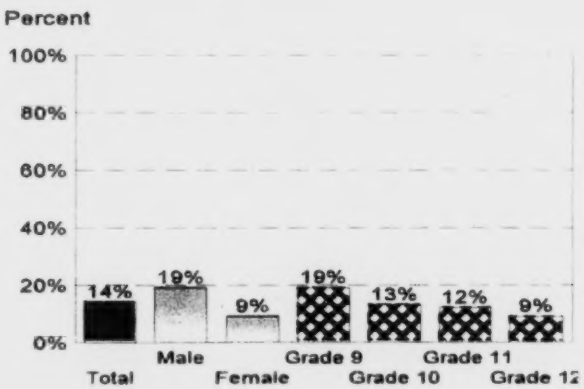
Approximately 34 percent of Nevada high school students were in a physical fight at least once during the prior 12 months. Forty-three percent of male students and 26 percent of female students were in a physical fight in the past year. Males were more likely to have been in 2 or more fights (53%) than females (38%). Forty-three percent of ninth graders, 35 percent of tenth graders, 31 percent of eleventh graders, and 25 percent of twelfth graders were in at least one physical fight in the past year. Since 1997, the incidence of physical fighting has remained unchanged.

Q18 Percentage of students who were injured in a physical fight during the past 12 months and had to be treated by a doctor or nurse one or more times = 4%.



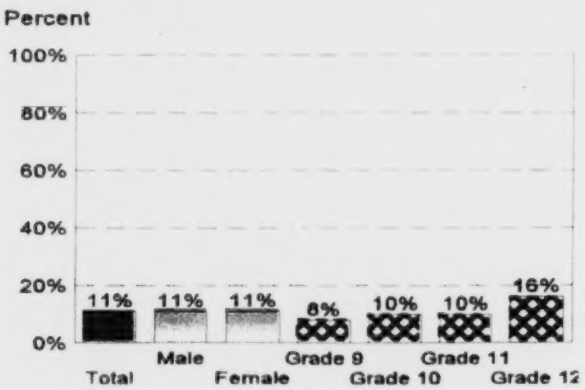
Four percent of Nevada high school students were injured at least once in a physical fight in the year prior to the survey and had to be treated by a doctor or nurse. Males were three times as likely (6%) to be injured as females (2%). Five percent of ninth grade students, 4 percent of tenth graders, 5 percent of eleventh graders, and 2 percent of twelfth graders sought medical care for a fight-related injury. Among students at all grade levels, tenth grade males were the most likely to report injuries from a fight that required treatment from a doctor or nurse (8%), while eleventh grade females were least likely (1%).

Q19 Percentage of students who were in a physical fight on school property one or more times during the past 12 months = 14%.



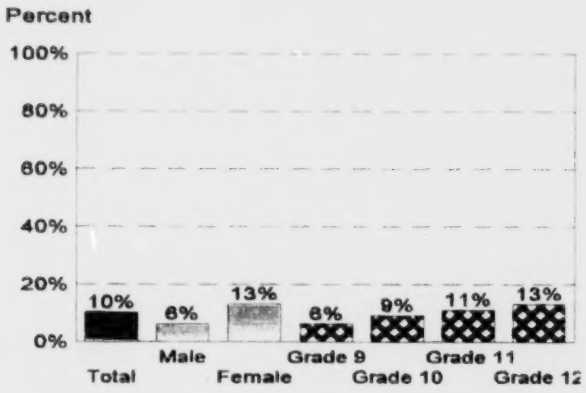
Approximately 14 percent of Nevada high school students were in a physical fight on school property at least once during the year prior to the survey. Significantly more males (19%) than females (9%) reported fighting on school property. Nineteen percent of ninth graders, 13 percent of tenth graders, 12 percent of eleventh graders, and 9 percent of twelfth graders fought on school property in the preceding year. Since 1997, the incidence of physical fighting on school property declined at all grade levels, resulting in a 7 percent decrease overall.

Q20 Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months = 11%.



More than one in ten Nevada high school students (11%) reported having been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past year. Female students were slightly more likely to report having been the victim of such violence (11.1%) as male students (10.5%). The percentage of students reporting dating violence increased with grade level. Twelfth graders were nearly twice as likely to report being hit, slapped, or physically hurt by their boyfriend or girlfriend in the past twelve months (15.7%) as ninth graders (8.2%).

Q21 Percentage of students who have ever been forced to have sexual intercourse when they did not want to = 10%.



One in ten Nevada high school students reported being forced to have sexual intercourse when they did not want to. Female students were more than twice as likely to report being forced to have sexual intercourse (13%) as male students (6%). The percentage of student reporting having sexual intercourse against their will increased steadily with grade level from 6 percent at grade nine to 13 percent at grade twelve.

Suicide

Nationally, suicide is the third leading cause of death among youth aged 15-24 and the second leading cause of death among white males in that age group.[6] Since 1950, the suicide rate for persons aged 15-24 has tripled.[6,16] Attempted suicide is also considered a lethal health event, for it is a proven risk factor for future completed suicide and a potential indicator of other health problems such as substance abuse and depression.[17]

Nevada's suicide rate for youth aged 15-19 ranged from 15.4 to 22.1 per 100,000 during the eleven-year period from 1981 to 1991. In any given year, the state's suicide rate for this age group was between 1.5 and 2.4 times the national rate, leading to consistent annual ranking among the top ten states with the highest rates of teen suicide[18]. The rate of attempted suicide by Nevada teens also is twice the national average.[19]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

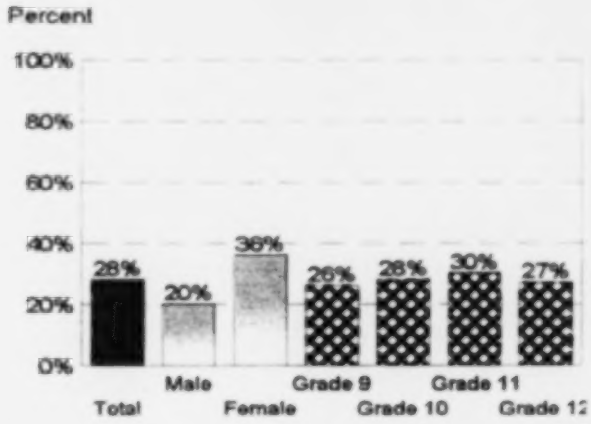
6.2 & 7.8 Reduce by 15 percent the incidence of injurious suicide attempts among adolescents aged 14-17.

6.1a & 7.2a Reduce suicides to no more than 8.2 per 100,000 youth aged 15-19.*

*Not directly measured by a YRBS question

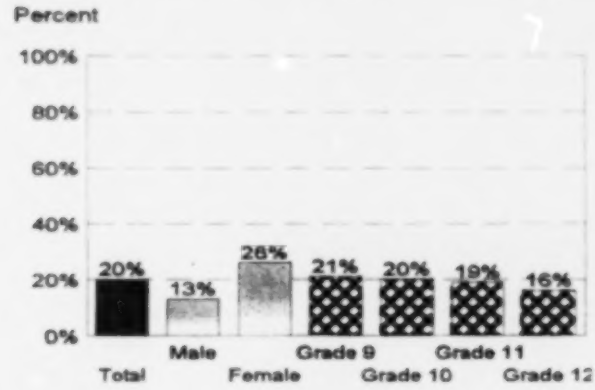
Response to survey items 22-26, which measure sadness, attempted suicides, and the seriousness of these attempts, is summarized below.

Q22 Percentage of students who ever felt so sad and hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months = 28%.



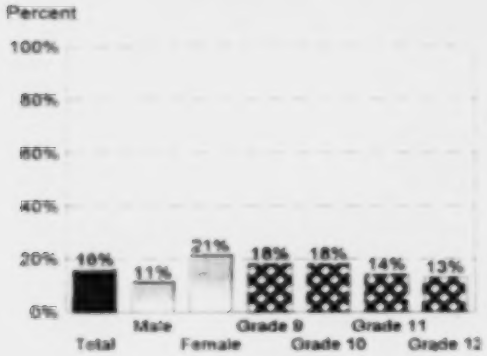
During the 12 months prior to the survey, 28 percent of Nevada high school students felt so sad and hopeless almost every day for two weeks in a row that they stopped doing some usual activities. Female students were significantly more likely to report being depressed (36%) than male students (20%). Twenty-six percent of ninth graders, 28 percent of tenth graders, 30 percent of eleventh graders, and 27 percent of twelfth graders reported feeling sad and depressed for at least two weeks in the year preceding the survey.

Q23 Percentage of students who seriously considered attempting suicide during the past 12 months = 20%.



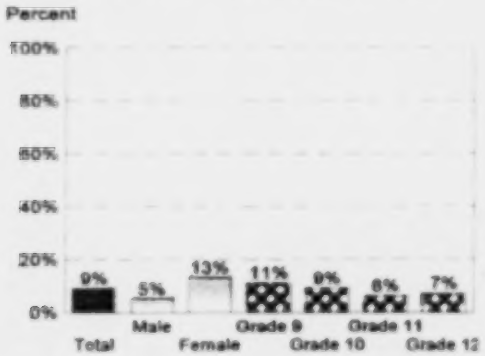
Twenty percent of Nevada high school students seriously considered attempting suicide during the year prior to the survey. Significantly more females (26%) than males (13%) considered attempting suicide; however, the percentage of females who contemplated suicide decreased with grade level from 31 percent at grade nine to 22 percent at grade 12. For males and females combined, 21 percent of ninth graders, 20 percent of tenth graders, 19 percent of eleventh graders, and 16 percent of twelfth graders seriously considered attempting suicide in the past year. Overall this year's results reflect a 9 percent reduction in the percentage of students who seriously considered attempting suicide.

Q24 Percentage of students who made a plan about how they would attempt suicide = 16%.



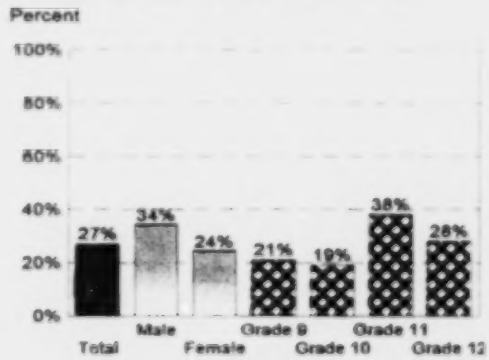
During the year prior to the 1999 YRBS, 16 percent of Nevada high school students made a plan about how they would attempt suicide. Significantly more females (21%) than males (11%) reported making this sort of plan. Eighteen percent of ninth graders and tenth graders, 14 percent of eleventh graders, and 13 percent of twelfth graders made a plan about how they would attempt suicide. Since 1997, the percentage of students who made a suicide plan has increased by 7 percent.

Q25 Percentage of students who actually attempted suicide during the past 12 months = 9%.



Approximately nine percent of Nevada high school students actually attempted suicide one or more times during the year prior to the survey. This percentage reflected an increase of more than 12 percent over the 1997 survey when 8 percent of students had attempted suicide. More than twice as many females (13%) as males (5%) attempted suicide. Eleven percent of ninth graders, 9 percent of tenth graders, 6 percent of eleventh graders, and 7 percent of twelfth graders actually attempted suicide. Females were most likely to attempt suicide in grade nine (18%), while males were most vulnerable in grade 10 (6%).

Q26 Percentage of students who attempted suicide during the past 12 months and had to be treated by a doctor or nurse = 27%.



Among students who attempted suicide during the year preceding the survey, more than one fourth (27%) required treatment by a doctor or nurse. More males (34%) than females (24%) required medical treatment. Twenty-one percent of ninth graders, 19 percent of tenth graders, 38 percent of eleventh graders, and 28 percent of twelfth graders who attempted suicide required medical treatment. Overall, the incidence of injuries requiring medical treatment among students who attempted suicide increased by 23 percent since the 1997 survey.

TOBACCO USE

Cigarette Smoking

Tobacco use is considered the chief preventable cause of death in the United States,[20] accounting for more than one of every five deaths.[21] Smoking is associated with heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease.[20] In addition, there is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non smokers,[21] and smoking has also been found to be related to poor academic performance.[22]

Nationally, over one million teenagers begin smoking each year.[16] In Nevada, increases in adolescent smoking have been apparent since 1991. The proportion of youth who have ever tried smoking has risen at all grade levels, and by grade twelve, nearly 16 percent of students smoke every day.[23]

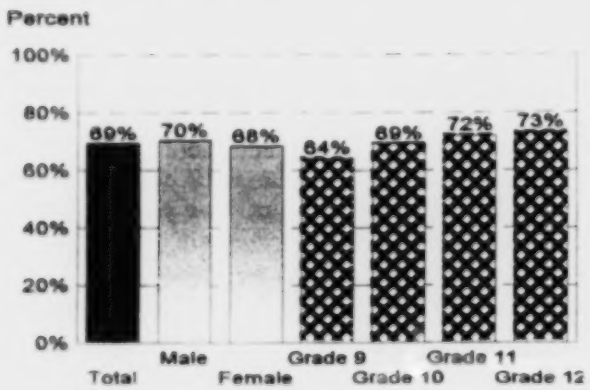
RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.

4.5 Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

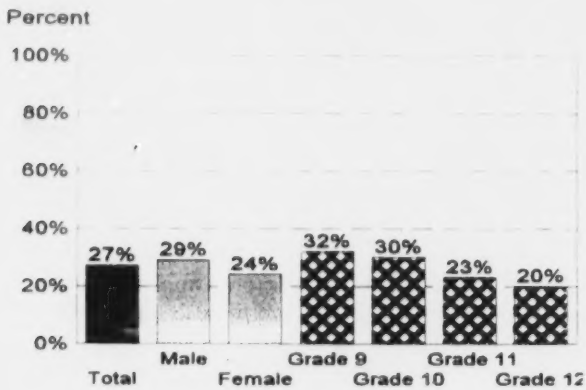
Response to survey items 27-35, which measure smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding sale of cigarettes, smoking on school property, and attempts to quit smoking cigarettes, is summarized below.

Q27 Percentage of students who ever tried cigarette smoking, even one puff = 69%.



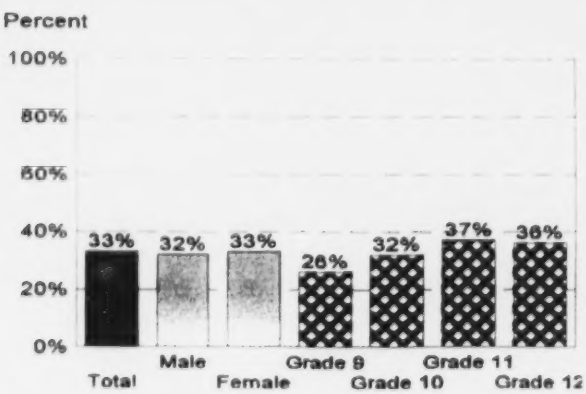
Sixty-nine percent of Nevada high school students have tried smoking cigarettes. More males (70%) than females (68%) have tried cigarettes, the reverse of what was seen in the 1997 survey. Sixty-four percent of ninth graders, 69 percent of tenth graders, 72 percent of eleventh graders, and 73 percent of twelfth graders have tried cigarette smoking. Since the 1997 survey, the overall proportion of students who ever tried cigarette smoking has remained unchanged; however, males are now more likely than females to have tried smoking, and more than three-fourths of twelfth grade males (77.2%) report they have smoked cigarettes.

Q28 Percentage of students who smoked a whole cigarette for the first time before age 13 = 27%.



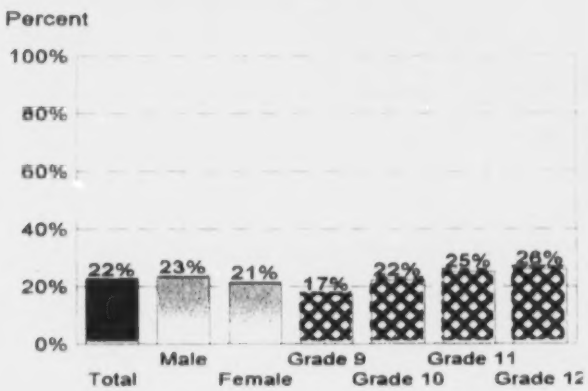
Twenty-seven percent of Nevada high school students (29% of males and 24% of females) smoked a whole cigarette for the first time before age 13. Thirty-two percent of ninth graders, 30 percent of tenth graders, 23 percent of eleventh graders, and 20 percent of twelfth graders reported they smoked a whole cigarette before the age of 13. The percentage of students who smoked a whole cigarette before the age of 13 increased more than 17 percent since 1997, and the average age of first use decreased by two-tenths of a year to 12.4 years old.

Q29 Percentage of students who smoked cigarettes on one or more of the past 30 days = 33%.



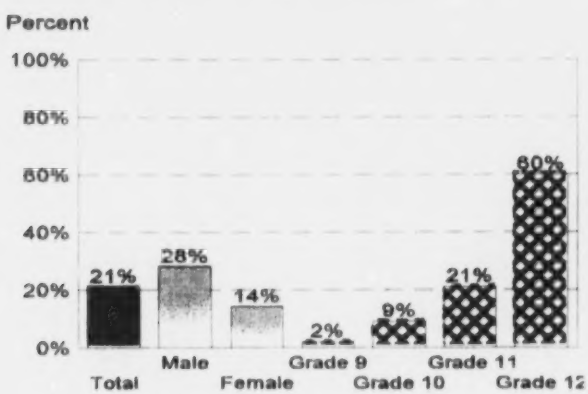
One in three Nevada high school students smoked cigarettes on one or more of the 30 days preceding the survey. More female students (33%) than male students (32%) reported cigarette smoking in the past month. Twenty-six percent of ninth graders, 32 percent of tenth graders, 37 percent of eleventh graders, and 36 percent of twelfth graders smoked on at least one day. Regular or daily smoking was reported by 14 percent of students. Increases in cigarette smoking are apparent since 1997. The percentage of students who smoked on one or more days in the past month rose nearly 14 percent, while daily smoking increased more than 27 percent.

Q30 Percentage of students who smoked 2 or more cigarettes per day on the days they smoked = 22%.



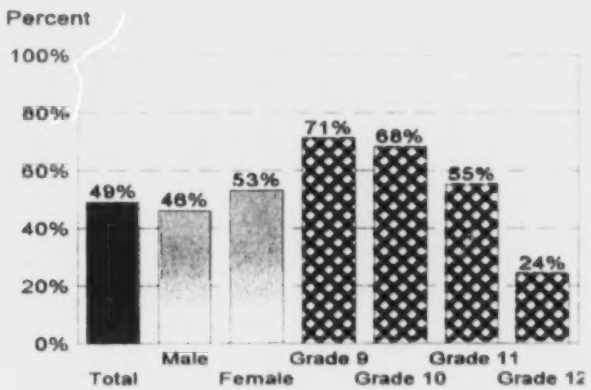
Twenty-two percent of Nevada high school students smoked two or more cigarettes on the days they smoked. Twenty-three percent of males and 21 percent of females smoked two or more cigarettes per day. Seventeen percent of ninth graders, 22 percent of tenth graders, 25 percent of eleventh graders, and 26 percent of twelfth graders smoked two or more cigarettes on the days they smoked. The percentage of students smoking two or more cigarettes per day has increased by nearly 16 percent since 1997.

Q31 Of students who smoked during the 30 days prior to the survey, the percentage who usually got their own cigarettes by buying them in a store = 21%.



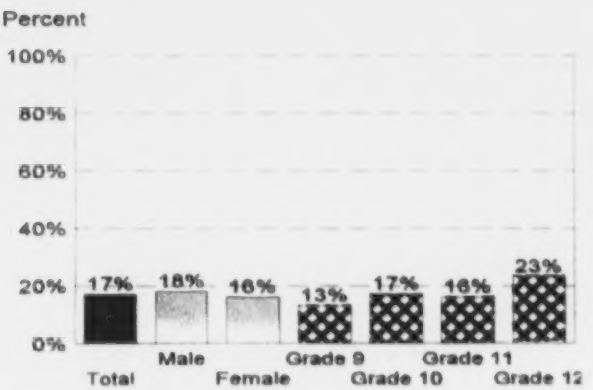
Fewer than one-fourth (21%) of students who smoked during the 30 days prior to the survey usually got their cigarettes by purchasing them in a store such as a convenience store, supermarket, or gas station. Twice as many male students (28%) than female students (14%) usually bought their own cigarettes in a store. Of students who smoked in the past 30 days, 2 percent of ninth graders, 9 percent of tenth graders, 21 percent of eleventh graders, and 60 percent of twelfth graders usually got their own cigarettes by buying them in a store. More than half of the students who usually bought their own cigarettes in a store (52%) were over the age of 18.

Q32 Percentage of students who bought cigarettes in a store in the past 30 days and were not asked to show proof of age = 49%.



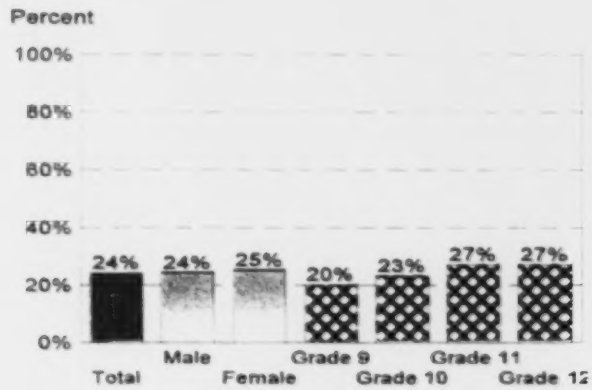
Forty-nine percent of Nevada students who bought cigarettes in a store during the 30 days preceding the survey were not asked to show proof of age. More female students (53%) than male students (46%) were not asked for proof of age. Of students who bought cigarettes in a store during the past 30 days, 71 percent of ninth graders, 68 percent of tenth graders, 55 percent of eleventh graders, and 24 percent of twelfth graders were not asked to show proof of age. More than four-fifths (86%) of the students who bought cigarettes without being asked to show proof of age were under the age of 18.

Q33 Percentage of students who smoked cigarettes on school property on one or more of the past 30 days = 17%.



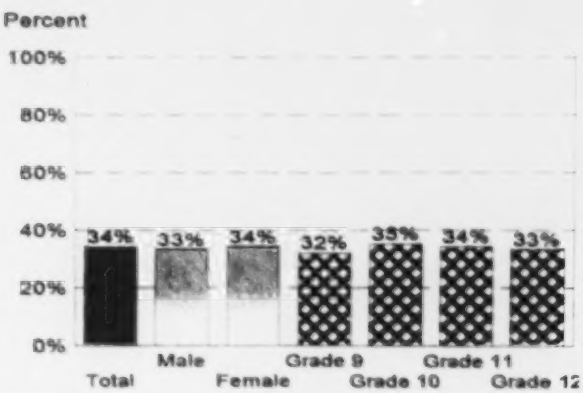
During the 30 days prior to the survey, 17 percent of Nevada students smoked cigarettes on school property. Eighteen percent of male students and 16 percent of female students smoked on school property. Thirteen percent of ninth graders, 17 percent of tenth graders, 16 percent of eleventh graders, and 23 percent of twelfth graders smoked on school property on at least one of the preceding 30 days. The percentage of students who report smoking on school property in the month prior to the survey has increased by 13 percent since 1997.

Q34 Percentage of students who ever smoked cigarettes regularly, that is, at least one cigarette every day for thirty days = 24%.



Twenty-four percent of high school students in Nevada have smoked at least one cigarette every day for thirty days at some point in their life. Female students were slightly more likely to report having smoked regularly (25%) than male students (24%). Twenty percent of ninth graders, 23 percent of tenth graders, and 27 percent each of eleventh graders and twelfth graders have smoked cigarettes regularly at some time in their life.

Q35 Percentage of students who ever tried to quit smoking cigarettes = 34%.



Thirty-four percent of Nevada high school students have tried to quit smoking cigarettes. Slightly more female students (34%) than male students (33%) have tried to quit smoking. Thirty-two percent of ninth graders, 35 percent of tenth graders, 34 percent of eleventh graders, and 33 percent of twelfth graders have tried to quit smoking cigarettes. Since 1997, there has been a 6 percent decline in the percentage of students who have ever tried to quit smoking.

Smokeless Tobacco and Cigars

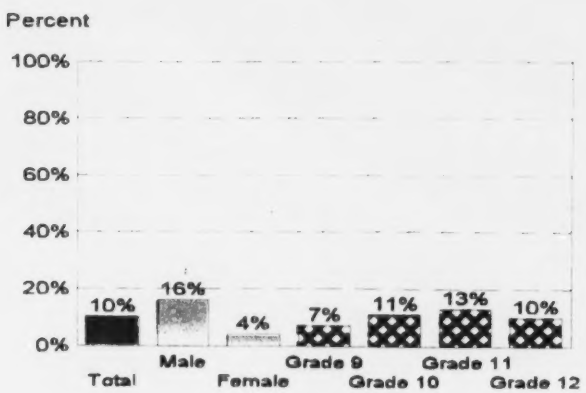
Oral cancer occurs more frequently among smokeless tobacco users than nonusers and may be 50 times as frequent among long-term snuff users.[24] Male adolescent smokeless tobacco users are significantly more likely to use cigarettes, marijuana, or alcohol than nonusers. Additionally, smokeless tobacco use by adolescents is associated with early indicators of periodontal degeneration, discoloration of teeth and fillings, and nicotine dependence as well as various forms of oral cancer.[20] Cigar smoking has been associated with cancers of the oral cavity, larynx, esophagus, and lung and with chronic obstructive lung disease.[24] In recent years, smoking cigars has become increasingly popular among teenagers. In 1997, the 30-day prevalence of cigar use among high school students nationwide was 31.2% among males and 10.8% among females.[25]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

3.9 Reduce smokeless tobacco use by males aged 12-24 to a prevalence of no more than 4 percent.

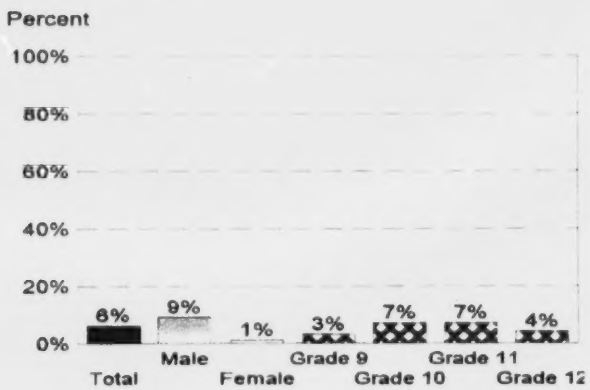
Response to survey items 36-38, which measure smokeless tobacco use, smokeless tobacco use on school property, and cigar use, is summarized below.

Q36 Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days = 10%.



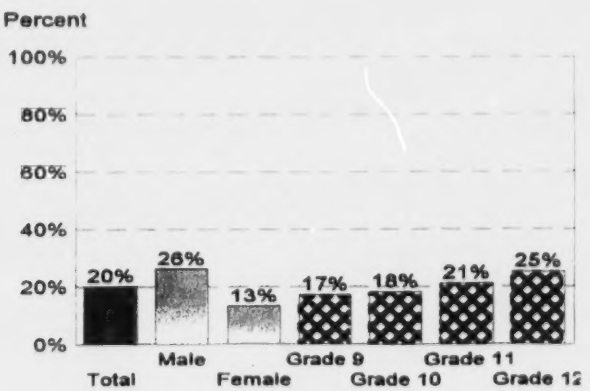
During the 30 days prior to the survey, 10 percent of Nevada high school students used chewing tobacco such as Redman, Levi Garrett, or Beechnut or snuff such as Skoal, Skoal Bandits, or Copenhagen. Four times as many males (16%) as females (4%) used chewing tobacco or snuff. Seven percent of ninth graders, 11 percent of tenth graders, 13 percent of eleventh graders, and 10 percent of twelfth graders used smokeless tobacco in the past month. Since 1997, the percentage of students who used chewing tobacco or snuff has remained unchanged; however, use by females has doubled (from 2% to 4%), and use is up among tenth and eleventh graders and down among twelfth graders.

Q37 Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days = 6%.



Six percent of high school students in Nevada used chewing tobacco or snuff on school property during the 30 days prior to the survey. Significantly more males (9%) than females (1%) used chewing tobacco or snuff at school. Three percent of ninth graders, 7 percent each of tenth graders and eleventh graders, and 4 percent of twelfth graders used chewing tobacco or snuff on school property. Since 1997, the percentage of students who used smokeless tobacco at school remained unchanged; however, use at school increased among tenth and eleventh graders while declining among ninth and twelfth graders.

Q38 Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days = 20%.



One in five Nevada high school students (20%) smoked cigars, cigarillos, or little cigars on one or more of the days in the month preceding the survey. Cigar smoking was reported by twice as many males (26%) as females (13%). Seventeen percent of ninth graders, 18 percent of tenth graders, 21 percent of eleventh graders, and 25 percent of twelfth graders smoked some sort of cigar in the month prior to the survey.

ALCOHOL AND OTHER DRUG USE

Alcohol

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people.[26] Heavy drinking among youth has been linked conclusively to physical fights, destroyed property, and trouble with law enforcement authorities.[1] Marijuana use, poor academic performance, and multiple sex partners have also been correlated with heavy drinking.[27]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

4.5 Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

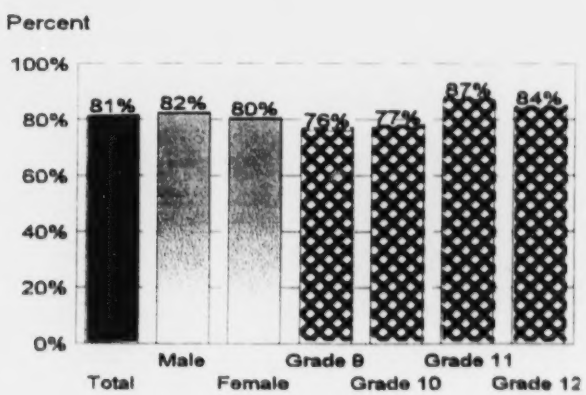
4.6 Reduce the proportion of young people who have used alcohol in the past month to 12.6 percent of youth aged 12-17 and 29.0 percent of youth aged 18-20.

4.7 Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28 percent of high school seniors and 32 percent of college students.

4.8 Reduce alcohol consumption by people aged 14 and older to an average of no more than 2 gallons of ethanol per person.*

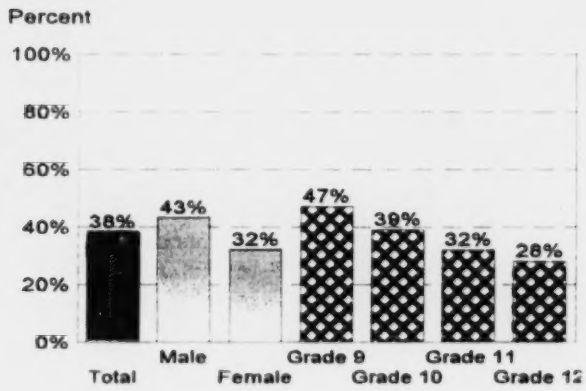
Response to survey items 39-43, which measure the frequency of alcohol use, age of initiation of drinking, and heavy drinking, is summarized below.

Q39 Percentage of students who had at least one drink of alcohol on 1 or more days during their life = 81%.



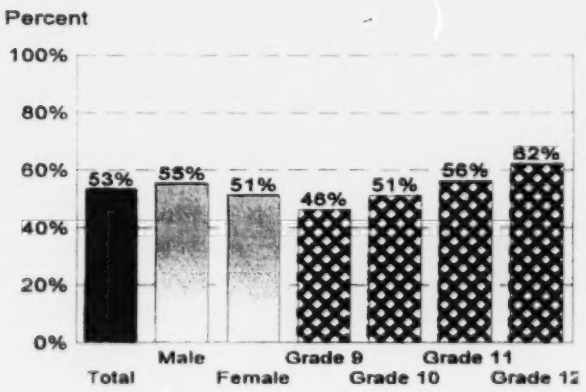
Eighty-one percent of Nevada high school students have had at least one full drink of alcohol during their lifetime. Slightly more male students (82%) than female students (80%) have had an alcoholic drink. Seventy-six percent of ninth graders, 77 percent of tenth graders, 87 percent of eleventh graders, and 84 percent of twelfth graders report that they drank alcohol at least once. Since 1997, there has been a 3 percent increase in the percentage of students who report lifetime drinking.

Q40 Percentage of students who had their first drink of alcohol other than a few sips before age 13 = 38%.



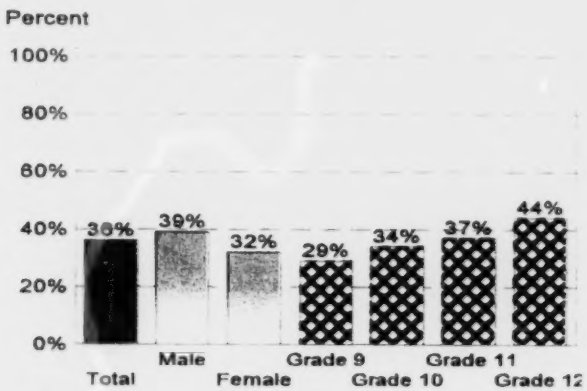
Thirty-eight percent of Nevada high school students had their first drink of alcohol before the age of 13. Significantly more male students (43%) than female students (32%) had their first drink before they were 13. Forty-seven percent of ninth graders, 39 percent of tenth graders, 32 percent of eleventh graders, and 28 percent of twelfth graders had their first drink of alcohol prior to age 13. Since the 1997 survey, the percentage of students who had their first drink before age 13 increased by nearly 3 percent; however, the average age of first use of alcohol remained at 12.3 years.

Q41 Percentage of students who had at least one drink on one or more of the past 30 days = 53%.



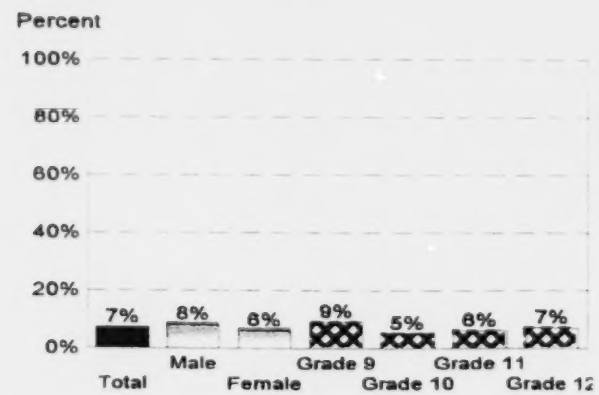
During the month preceding the survey, 53 percent of Nevada high school students had at least one drink of alcohol. Fifty-five percent of male students and 51 percent of female students had at least one drink during the past month. Forty-six percent of ninth graders, 51 percent of tenth graders, 56 percent of eleventh graders, and 62 percent of twelfth graders drank alcohol during the previous month. The percentage of students who had at least one drink during the past 30 days increased by 6 percent since 1997.

Q42 Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days = 36%.



More than a third of Nevada high school students (36%) had five or more drinks in a row during the month prior to the survey. More males (39%) than females (32%) drank five or more drinks within a couple of hours on one or more of the past 30 days. Twenty-nine percent of ninth graders, 34 percent of tenth graders, 37 percent of eleventh graders, and 44 percent of twelfth graders drank five or more drinks in a row in the past month. Since the 1997 survey, the percentage of students who had five or more drinks in a row during the month preceding the survey increased by 13 percent.

Q43 Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days = 7%.



During the 30 days prior to the survey, 7 percent of Nevada high school students had at least one drink of alcohol on school property. More males (8%) than females (6%) drank alcohol on school property during the past month. Nine percent of ninth graders, 5 percent of tenth graders, 6 percent of eleventh graders, and 7 percent of twelfth graders had at least one drink of alcohol on school property during the 30 days preceding the survey. Since 1997, there has been a 13 percent decrease in the percentage of students who reported drinking on school property during the month before the survey.

Marijuana, Cocaine, and Other Drugs

Drug abuse is related to morbidity and mortality due to injury as well as to early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases (STDs) including human immunodeficiency virus (HIV) infection.[28,29] Despite improvements in recent years, illicit drug use is greater among high school students and other young adults in the United States than has been documented in any other industrialized nation of the world.[30]

Drug use among Nevada teens has typically mirrored patterns seen across the nation. Increasing use of marijuana, inhalants, hallucinogens, and stimulants surfaced in 1993 after a stable period of low use.[31]

RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

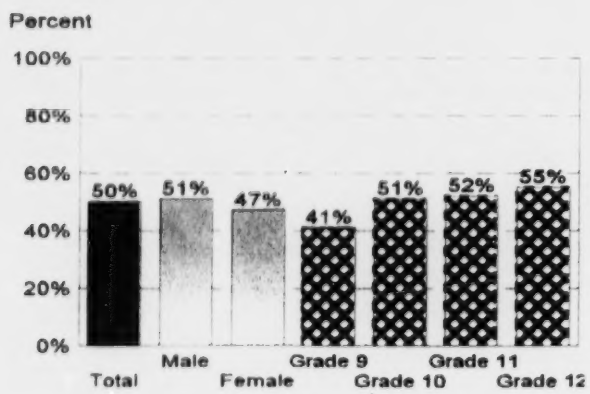
4.5 Increase by at least one year the average age of first use of cigarettes, alcohol, and marijuana by adolescents aged 12-17.

4.6 Reduce the proportion of young people who have used marijuana and cocaine as follows: for marijuana, 3.2 percent of youth aged 12-17 and 7.8 percent of youth aged 18-25; for cocaine, 0.6 percent of youth aged 12-17 and 2.3 percent of youth aged 18-25.

4.11 Reduce to no more than 3 percent the proportion of male high school seniors who use anabolic steroids.

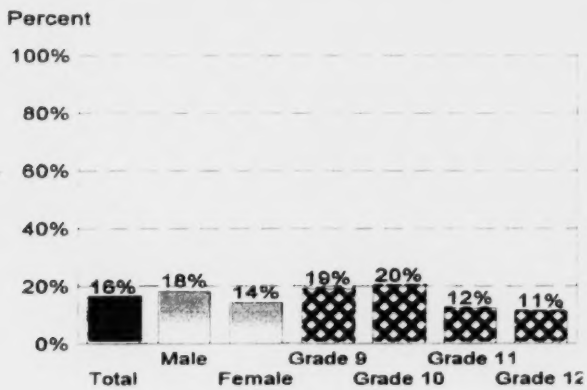
Response to items 44-56, which measure the frequency of marijuana, cocaine, inhalant, heroin, methamphetamine, steroid, and injected drug use and the prevalence of drug use and sales on school property, is summarized below.

Q44 Percentage of students who used marijuana one or more times during their life = 50%.



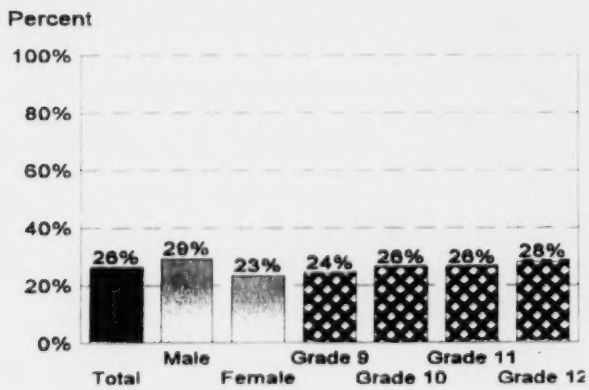
Nearly half (49.5%) of Nevada high school students have used marijuana at least once in their life. Fifty-one percent of male students and 47 percent of female students have used marijuana. Forty-one percent of ninth graders, 51 percent of tenth graders, 52 percent of eleventh graders, and 55 percent of twelfth graders used marijuana one or more times. The percentage of students reporting lifetime use of marijuana increased at grades 9 and 10, remained unchanged at grade 11, and decreased at grade 12, resulting in an overall increase of nearly 9 percent.

Q45 Percentage of students who tried marijuana for the first time before age 13 = 16%.



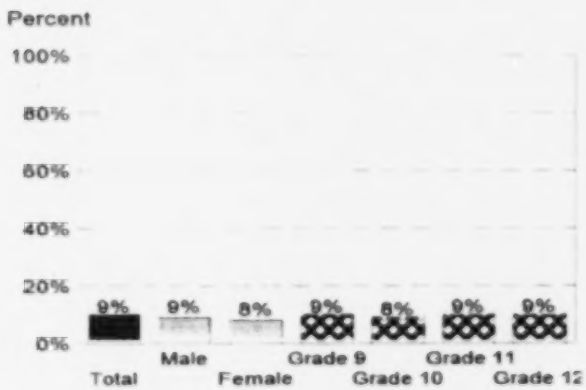
Sixteen percent of Nevada high school students tried marijuana prior to the age of 13. More male students (18%) than female students (14%) tried marijuana before they were 13. Nineteen percent of ninth graders, 20 percent of tenth graders, 12 percent of eleventh graders, and 11 percent of twelfth graders first tried marijuana before the age of 13. Since 1997, there was a sixty percent increase in the percentage of students who had tried marijuana before age 13, which translated to a decrease of approximately one-half of a year in the average age of first marijuana use.

Q46 Percentage of students who used marijuana one or more times during the past 30 days = 26%.



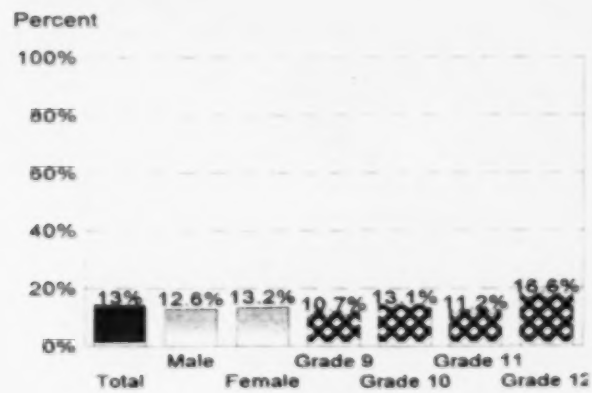
During the 30 days preceding the survey, 26 percent of Nevada high school students used marijuana one or more times. Twenty-nine percent of male students and 23 percent of female students used marijuana at least once. Twenty-four percent of ninth graders, 26 percent each of tenth graders and eleventh graders, and 28 percent of twelfth graders used marijuana one or more times in the past month. Since 1997, the percentage of students reporting marijuana use in the past 30 days rose 4 percent.

Q47 Percentage of students who used marijuana on school property one or more times during the past 30 days = 9%.



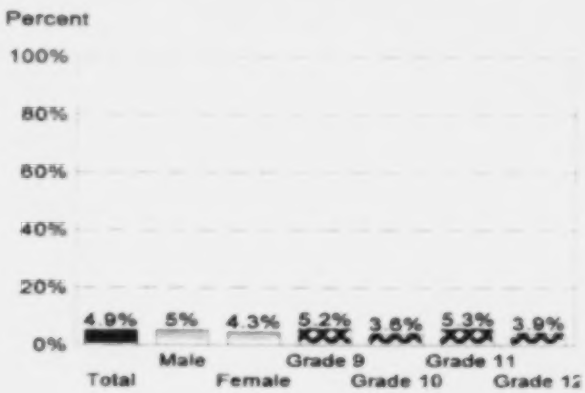
During the 30 days prior to the survey, 9 percent of Nevada high school students used marijuana on school property. Slightly more males (9%) than females (8%) used marijuana at school during the past month. Eight percent of tenth graders and 9 percent each of ninth graders, eleventh graders, and twelfth graders used marijuana on school property. There was a 10 percent decrease in students using marijuana on school property since the 1997 survey.

Q48 Percentage of students who used any form of cocaine, including powder, crack, or freebase, one or more times during their life = 13%.



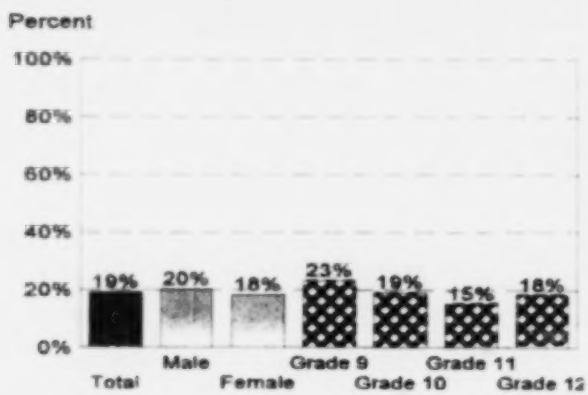
More than one out of every ten Nevada high school students (13.0%) has used some form of cocaine at least once during his or her lifetime. More female students (13.2%) than male students (12.6%) have used cocaine. More than a tenth of ninth graders (10.7%), 13.1% of tenth graders, 11.2 percent of eleventh graders, and 16.6 percent of twelfth graders have used some form of cocaine at least once. Since 1997, increases in lifetime cocaine use among ninth and tenth graders and decreases among eleventh and twelfth graders have resulted in a 2 percent increase in the overall percentage of high school students who have ever used cocaine.

Q49 Percentage of students who used any form of cocaine, including powder, crack, or freebase, one or more times during the past 30 days = 4.9



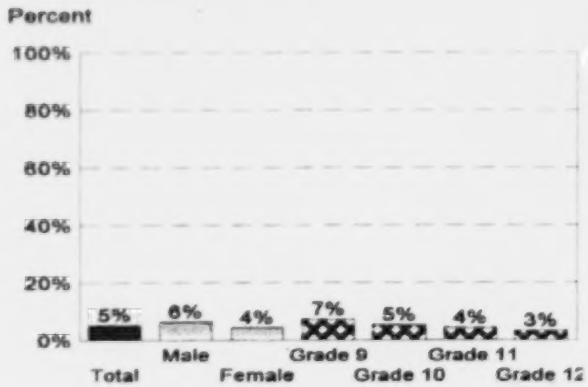
During the 30 days prior to the survey, 4.9 percent of Nevada high school students used some form of cocaine. More male students (5%) than female students (4.3%) used cocaine in the past 30 days. By grade level, 5.2 percent of ninth graders, 3.6 percent of tenth graders, 5.3 percent of eleventh graders, and 3.9 percent of twelfth graders used cocaine in the past month. Since the 1997 survey, the percentage of students reporting cocaine use in the past 30 days has decreased by 11 percent.

Q50 Percentage of students who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paint or spray to get high during their life = 19%



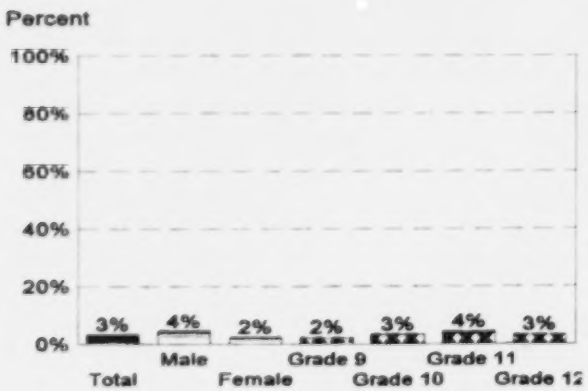
Approximately one in five Nevada high school students (19%) has sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or spray to get high on at least one occasion. Twenty percent of male students and 18 percent of female students have inhaled substances to get high during their life. Twenty-three percent of ninth graders, 19 percent of tenth graders, 15 percent of eleventh graders, and 18 percent of twelfth graders have sniffed glue or inhaled other substances to get high at some time during their life. The percentage of high school students who have ever inhaled substances to get high has dropped 5 percent since 1997.

Q51 Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays one or more times to get high during the past 30 days = 5%.



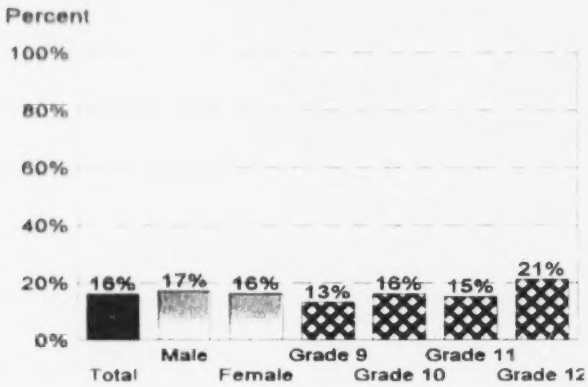
Five percent of Nevada high school students sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays during the 30 days prior to the survey. Six percent of males and 4 percent of females report that they inhaled substances to get high in the past month. Thirty-day use of inhalants declined steadily with grade level from 7 percent at grade 9 to 3 percent at grade 12.

Q52 Percentage of students who used heroin one or more times during their life = 3%.



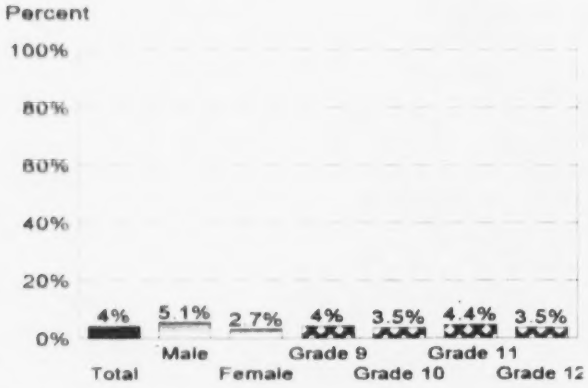
Three percent of Nevada high school students used heroin one or more times in their lifetime. Twice as many males (4%) as females (2%) report lifetime heroin use. Two percent of ninth graders, 3 percent of tenth graders, 4 percent of eleventh graders, and 3 percent of twelfth graders have ever used heroin.

Q53 Percentage of students who used methamphetamines one or more times during their life = 16%.



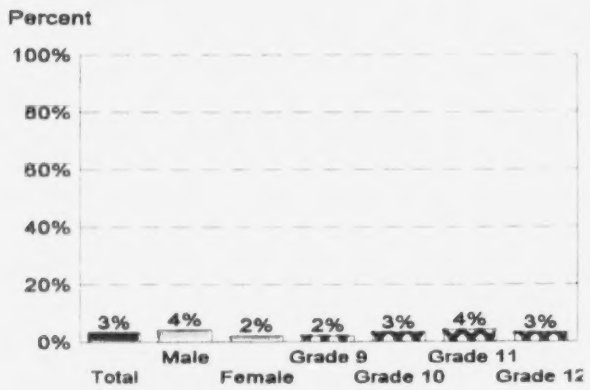
Approximately 16 percent of high school students in Nevada have used methamphetamines one or more times during their life. Seventeen percent of males and 16 percent of females report using methamphetamines at least once. Thirteen percent of ninth graders, 16 percent of tenth graders, 15 percent of eleventh graders, and 21 percent of twelfth graders have used methamphetamines in their lifetime.

Q54 Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life = 4%.



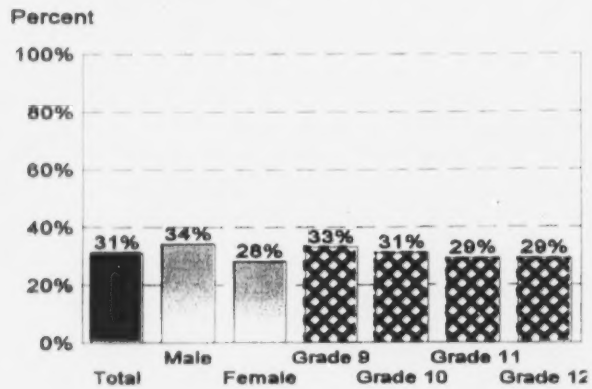
Overall, 4 percent of Nevada high school students have taken steroid pills or shots without a doctor's prescription at least once during their life. Male students are far more likely to have taken steroids (5.1%) than female students (2.7%), with reported use highest among tenth grade males (6.5%). By grade level, 4 percent of ninth graders, 3.5 percent of tenth graders, 4.4 percent of eleventh graders, and 3.5 percent of twelfth graders have taken steroids without a prescription. Lifetime use of steroids, while still relatively low, has risen nearly 18 percent since 1997.

Q55 Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life = 3%.



Three percent of Nevada high school students have used a needle to inject an illegal drug into their body one or more times during their life. More males (4%) than females (2%) have injected drugs at some time during their life. Two percent of ninth graders, 3 percent each of tenth graders and twelfth graders, and 4 percent of eleventh graders have injected drugs. The percentage of students who have injected an illegal drug into their body during their life remains low, but it has increased by 50 percent since 1997.

Q56 Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months = 31%.



During the 12 months preceding the survey, less than a third (31%) of Nevada high school students had someone offer, sell, or give them an illegal drug on school property. More male students (34%) than female students (28%) were offered, sold, or given drugs at school during the past year. Thirty-three percent of ninth graders, 31 percent of tenth graders, and 29 percent each of eleventh graders and twelfth graders had someone offer, sell, or give them an illegal drug on school property. The incidence of drug deals on school property has dropped 18 percent since 1997.

SEXUAL BEHAVIORS AND HEALTH-RELATED OUTCOMES

Sexual Activity

Early sexual activity is associated with unwanted pregnancy and STDs, including HIV infection, and negative effects on social and psychological development.[31] Number of sexual partners and age of first intercourse are associated with increased risk for STD. Alcohol and other drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.[34] AIDS is the sixth leading cause of death for youth aged 15-24.[6]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

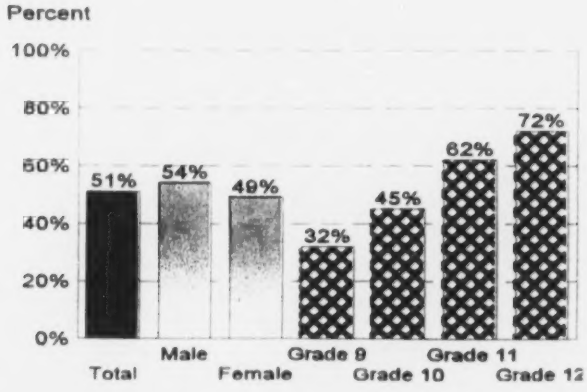
5.4 Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15 percent by age 15 and no more than 40 percent by age 17. (objectives 18.3 & 19.9, also)

5.5 Increase to at least 40 percent the proportion of ever sexually active adolescents aged 17 and younger who have abstained from sexual activity for the previous three months.

5.8 Increase to at least 85 percent the proportion of people aged 10 through 18 who have discussed human sexuality, including values surrounding sexuality, with their parents and/or have received information through another parentally-endorsed source, such as youth, school, or religious programs.

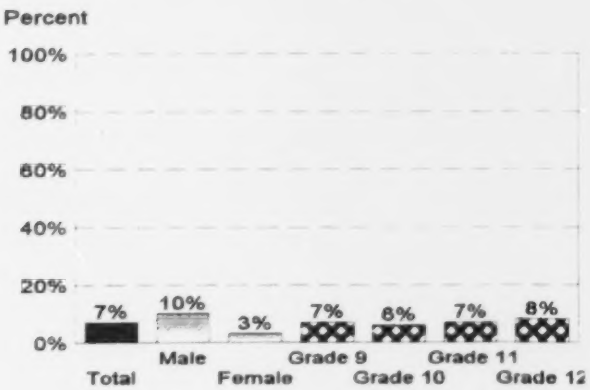
Response to survey items 57-62, which measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and drug use related to sexual activity, and condom use and item 87, which asks whether students have received HIV education is summarized on the following pages.

Q57 Percentage of students who ever had sexual intercourse = 51%.



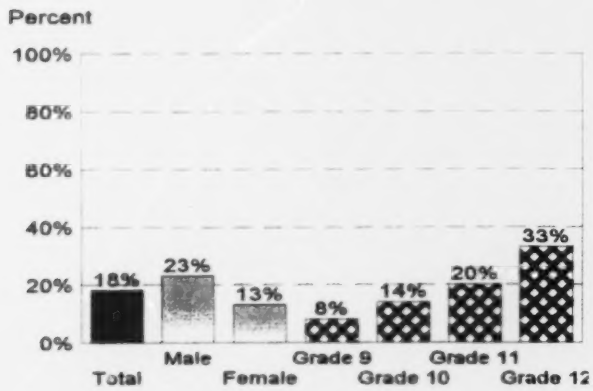
Fifty-one percent of Nevada high school students report that they have engaged in sexual intercourse. More males (54%) than females (49%) have had sexual intercourse. Thirty-two percent of ninth graders, 45 percent of tenth graders, 62 percent of eleventh graders, and 72 percent of twelfth graders have had sexual intercourse. Since 1997, there has been an 8.5 percent increase in the percentage of students who have ever had sexual intercourse.

Q58 Percentage of students who had sexual intercourse for the first time before age 13 = 7%.



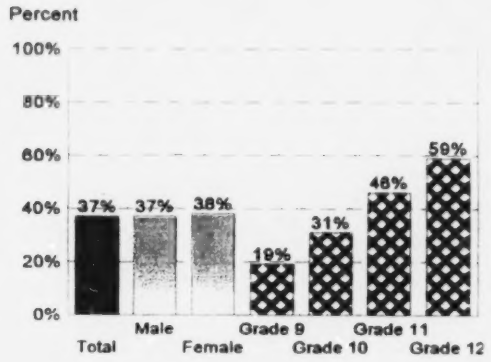
Approximately one in fifteen Nevada high school students had sexual intercourse for the first time before the age of 13. Significantly more male students (10%) than female students (3%) had sexual intercourse before they were 13. Seven percent each of ninth graders and eleventh graders, 6 percent of tenth graders, and 8 percent of twelfth graders report that they first had sexual intercourse prior to the age of 13. Since 1997, the percentage of students who had sexual intercourse for the first time before the age of 13 has remained unchanged.

Q59 Percentage of students who had sexual intercourse with four or more people during their life = 18%.



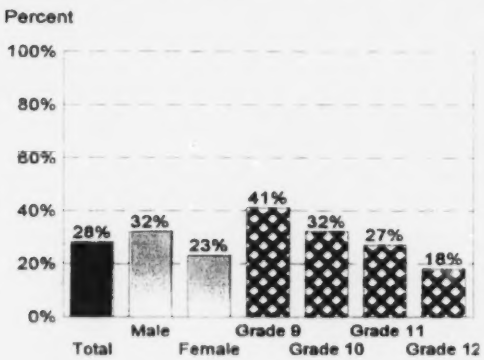
Eighteen percent of Nevada high school students have had sexual intercourse with four or more people during their life. Significantly more male students (23%) than female students (13%) have had sexual intercourse with four or more people. Eight percent of ninth graders, 14 percent of tenth graders, 20 percent of eleventh graders, and 33 percent of twelfth graders have had sexual intercourse with four or more people during their life. Since 1997, the percentage of students who have had sexual intercourse with four or more people has increased 20 percent.

Q60 Percentage of students who have has sexual intercourse during the past three months = 37%.



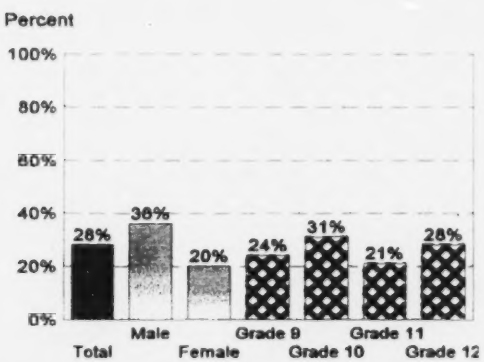
During the three months preceding the survey, 37 percent of Nevada high school students had sexual intercourse with one or more persons. More female students (38%) than male students (37%) had sexual intercourse during the past three months. Nineteen percent of ninth graders, 31 percent of tenth graders, 46 percent of eleventh graders, and 59 percent of twelfth graders had sexual intercourse during the three months prior to the survey. Since 1997, there has been an 8 percent increase in the percentage of students who had sexual intercourse during the three months preceding the survey.

M4 Percentage of students who have ever had sexual intercourse but have not had sexual intercourse during the past three months = 28%.



Twenty-eight percent of Nevada high school students who indicated that they had engaged in sexual intercourse at some time in their life reported that they had not had sexual intercourse during the past three months Thirty-two percent of male students and 23 percent of female students who had ever had sexual intercourse had abstained from sexual activity during the past three months. Forty-one percent of ninth graders,* 32 percent of tenth graders, 27 percent of eleventh graders, and 18 percent of twelfth graders who had previous been sexually active did not have sexual intercourse during the three months preceding the survey.

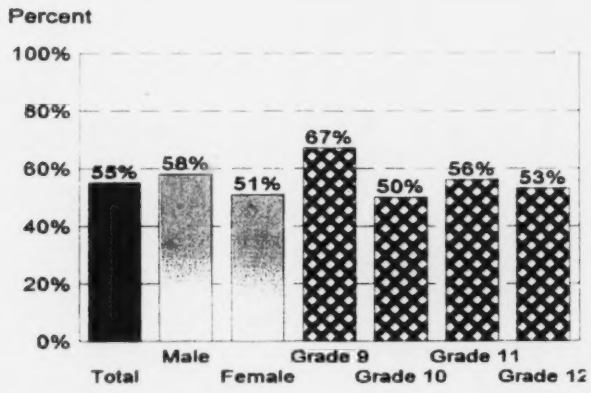
Q61 Of students who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse = 28%.



Of Nevada students who had sexual intercourse in the past 3 months, more than one in four (28%) drank alcohol or used drugs before they had sexual intercourse the last time. More males (36%) than females (20%) drank alcohol or used drugs before their last sexual intercourse. Twenty-four percent of ninth graders, 31 percent of tenth graders, 21 percent of eleventh graders, and 28 percent of twelfth graders drank alcohol or used drugs before they had sexual intercourse the last time. Since 1997, the percentage of sexually active students who drank alcohol or used drugs before their last sexual intercourse decreased by 3 percent.

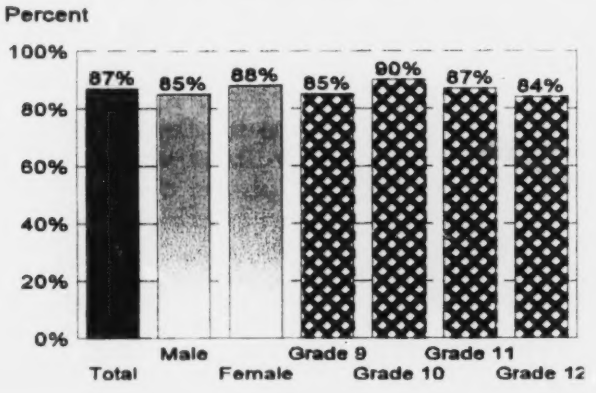
*non-weighted-fewer than 100 respondents in this subgroup

Q62 Of students who ever had sexual intercourse, the percentage who used or whose partner used a condom during the last sexual intercourse



Of Nevada students who have ever had sexual intercourse, 55 percent report that they or their partner used a condom the last time they had sexual intercourse. More sexually active males than sexually active females (58% vs. 51%) reported condom use during last sexual intercourse. Among sexually active students, 67 percent of ninth graders,* 50 percent of tenth graders, 56 percent of eleventh graders, and 53 percent of twelfth graders used a condom the last time they had sexual intercourse. Since 1997, the percentage of sexually active students who report condom use during last intercourse decreased by nearly 7 percent.

Q87 Percentage of students who were ever taught about AIDS or HIV infection in school = 87%.



Eighty-seven percent of Nevada high school students have been taught about AIDS or HIV infection in school. More female students (88%) than male students (85%) recall being taught about HIV/AIDS. Eighty-five percent of ninth graders, 90 percent of tenth graders, 87 percent of eleventh graders, and 84 percent of twelfth graders have been taught about AIDS or HIV infection in school. Since 1997, the percentage of high school students who have been taught about HIV/AIDS in school has decreased by 4 percent but it still exceeds the 85 percent goal set for the year 2000 by 2 percentage points.

*non-weighted-fewer than 100 respondents in this subgroup

Pregnancy

Pregnancies that occur during adolescence place both mothers and infants at risk for lifelong social and economic disadvantages.[32] In 1995, almost one million teenage girls in the United States became pregnant, just over 243,000 teenagers obtained an abortion,[33] and nearly 492,000 gave birth.[34] In 1996, the birth rate for youth aged 15-19 was 54.4 per 1,000 women.[34] Sixty-six percent of all births among teenagers are the result of unintended pregnancy.[35]

RELATED NATIONAL HEALTH OBJECTIVES FOR THE YEAR 2000:

5.1 Reduce pregnancies among girls aged 17 and younger to no more than 50 per 1,000 adolescents.*

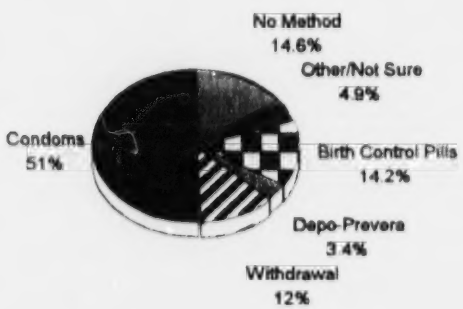
5.6 Increase to at least 90 percent the proportion of sexually active, unmarried people aged 19 and younger who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier protection against disease.

18.4a Increase to at least 60% the proportion of sexually active unmarried young women aged 15-19 who used a condom at last intercourse. (objective 19.10a, also)

18.4b Increase to at least 75% the proportion of sexually active unmarried young men aged 15-19 who used a condom at last intercourse. (objective 19.10b, also)

Response to items 63 and 64, which measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant, is summarized below.

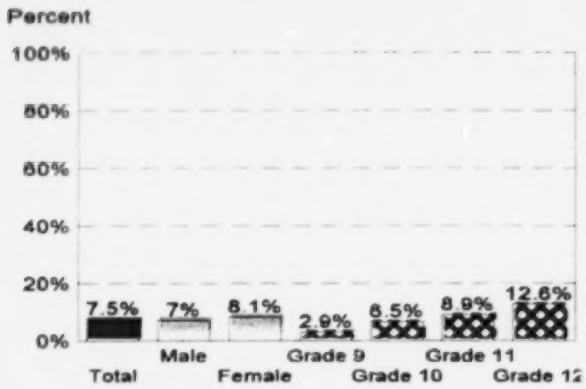
Q63 Of students who ever had sexual intercourse, the percentage using various types of birth control methods.



Among Nevada high school students who have ever had sexual intercourse, approximately 85 percent reported that they used some type of birth control method the last time they had sexual intercourse. Condoms were used by the largest proportion of sexually active students or their partners (51%). Approximately 14 percent of students in this sexually active population indicated that they or their partners used birth control pills, about 3 percent used Depo-Prevera,12 percent used withdrawal as a birth control method, and the remaining 5 percent used some other method or were not sure if a birth control method was used. Nearly 15 percent of sexually active students indicated that neither they nor their partners used any method of birth control the last time they had sexual intercourse.

*Not directly measured by a YRBS question

Q64 Percentage of students who had been pregnant or gotten someone pregnant one or more times = 7.5%.



Nearly 8 percent of Nevada high school students have been pregnant or gotten someone pregnant one or more times. Seven percent of male students reported having gotten someone pregnant, and 8.1 percent of female students reported having been pregnant. Approximately 3 percent of ninth graders, 6.5 percent of tenth graders, 8.9 percent of eleventh graders, and 12.6 percent of twelfth graders have been pregnant or have gotten someone pregnant. Since 1997, the percentage of high school students who have been pregnant or gotten someone pregnant has increased by a fourth.

DIETARY BEHAVIORS

Body Weight

The prevalence of overweight among adolescents more than doubled from 5 percent in the late 1970s to 11 percent between 1988 and 1994.[36] Obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer, and gall bladder disease.[37] In addition, children and adolescents often experience social and psychological stress related to obesity.[38] Obesity in adolescence has been related to adverse psychological and social consequences.[39] Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting.[40-43]

RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

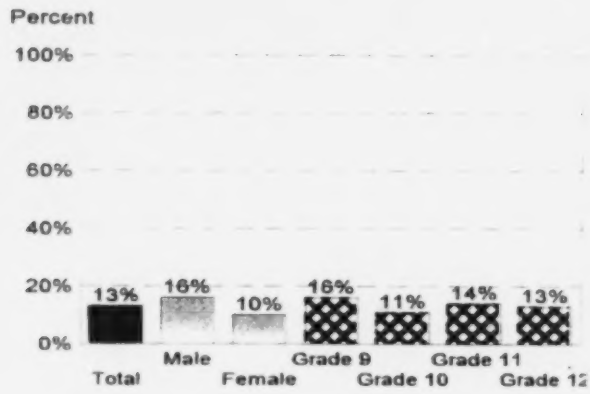
1.2 Reduce overweight to a prevalence of no more than 20 percent among people aged 20 and older and no more than 15 percent among adolescents aged 12-19.* (objectives 2.3, 15.10, & 17.12, also)

1.7 Increase to at least 50 percent the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight.* (obj. 2.7 also)

*Not directly measured by a YRBS question.

Response to items 5 and 6, which measure self-reported height and weight, is reported in terms of the proportions of students who are at risk for becoming overweight or are overweight.

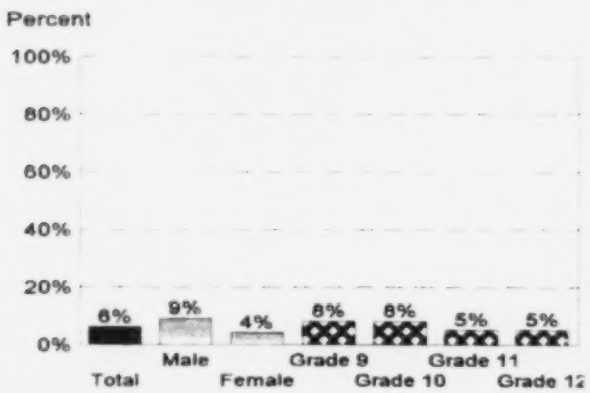
M5 Percentage of students who are at risk for becoming overweight = 13%.*



Thirteen percent of Nevada high school students are at risk for becoming overweight based on calculations of body mass index from self-reported height and weight. More male students (16%) than female students (10%) self-report heights and weights that place them at risk for becoming overweight. Sixteen percent of ninth graders, 11 percent of tenth graders, 14 percent of eleventh graders, and 13 percent of twelfth graders report height-weight combinations that place them at risk for becoming overweight.

*Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey

M6 Percentage of students who are overweight = 6%.**

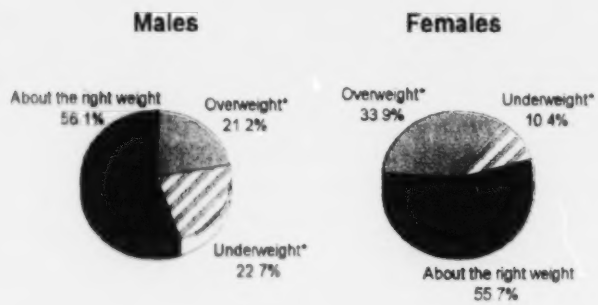


Approximately 6 percent of Nevada high school students are overweight based on body mass index calculations derived from self-reported height and weight. The prevalence of overweight is more than double among males (9%) compared with females (4%). Ninth and tenth graders are more likely to be overweight (8% each) than students in grades 11 and 12 (5% each). The prevalence of obesity among Nevada adolescents (6%) falls well below the national average of 11%.

**Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey.

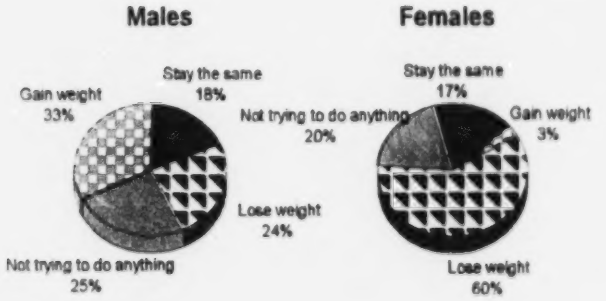
Response to items 65-71, which measure self-perception of body weight status and specific weight control behaviors is reported by gender, since little variation appeared across grade levels.

Q65 Student self-perception of body weight by gender.



More than half of Nevada high school students (56%) felt they were about the right weight. Slightly more male students (56.1%) than female students (55.7%) thought they were at or near their ideal weight. More than three times as many female students described themselves as slightly or very overweight (33.9%) than as slightly or very underweight (10.4%). Male students were more evenly divided between slightly or very overweight and slightly or very underweight (21.2% and 22.7%, respectively). Since 1997, the percentage of Nevada high school students who describe themselves as slightly or very overweight has declined for males but increased for females.

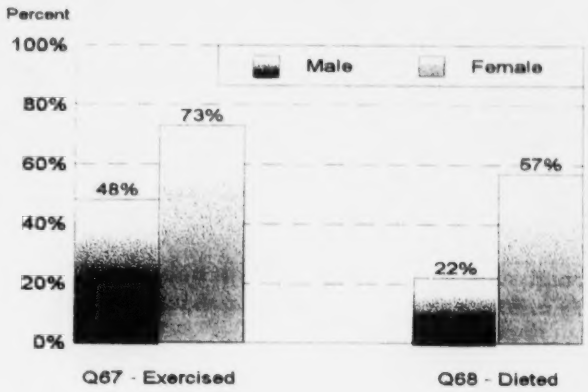
Q66 What students are trying to do about their weight by gender.



*Slightly or very

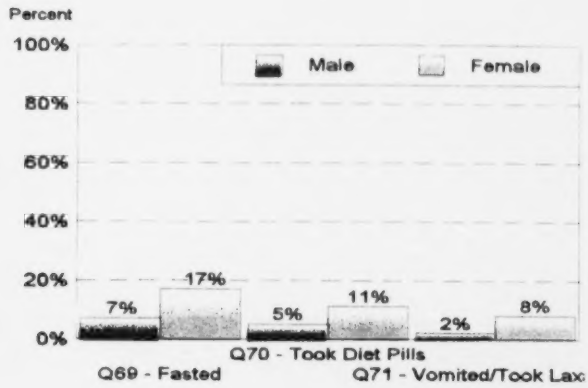
Overall, 42 percent of Nevada high school students were trying to lose weight and 18 percent were trying to gain weight. Although only 14 percent of female students were overweight or at risk for becoming overweight, 60 percent of them were trying to lose weight. Males had a more accurate view of the situation. Twenty-five percent were overweight or at risk of becoming overweight and 24 percent were trying to lose weight. Forty percent of students reported that they were either trying to stay the same weight or not trying to do anything about their weight. More male students (43%) than female students (37%) were satisfied with their weight. Since 1997, there has been a small increase in the percentage of high school students who are trying to do something about their weight.

Q67 & Q68 **Percentage of students who exercised and/or dieted to lose weight or to keep from gaining weight in the past 30 days.**



During the 30 days preceding the survey, well over half (61%) of Nevada high school students exercised to lose weight or to keep from gaining weight. Significantly more female students (73%) than male students (48%) used exercise as a weight loss or maintenance technique. During that same time period, 39 percent of high school students dieted to lose weight or to keep from gaining weight. More than twice as many female students (57%) as male students (22%) dieted to lose or maintain weight. Both exercising and dieting have increased since 1997.

Q69, Q70, & Q71 **Percentage of students who fasted, took diet pills, and/or vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days.**



During the 30 days preceding the survey, 12 percent of Nevada high school students went without eating for 24 hours or more to lose weight or to keep from gaining weight. Significantly more female students (17%) than male students (7%) fasted to control their weight. During that same month, 8 percent of Nevada high school students used diet pills to lose or maintain weight. Use of diet pills was greater by female students (11%) than by male students (5%). Approximately 5 percent of high school students vomited or took laxatives to lose weight or to keep from gaining weight. Female students were four times as likely to use these weight control methods as male students.

Food Choices

Dietary patterns with higher intakes of fruits and vegetables are associated with a variety of health benefits;[44] however, only 44 percent of male adolescents and 27 percent of female adolescents eat the recommended five servings on a daily basis.[45] Calcium is essential for the formation and maintenance of bones and teeth,[44] with milk being the largest single source of calcium for adolescents[46], yet about half of adolescent males and more than 80 percent of adolescent females fail to meet recommended levels of calcium intake.[47]

RELATED HEALTH OBJECTIVES FOR THE YEAR 2000:

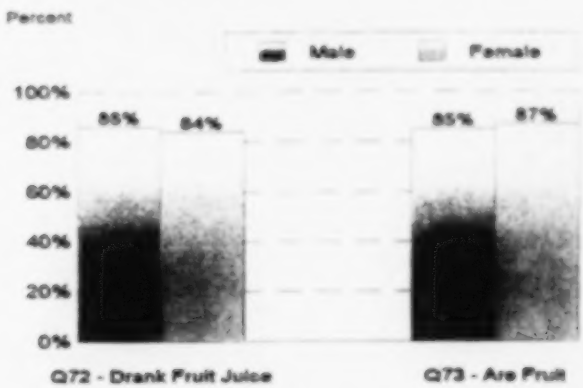
2.5 Reduce dietary fat intake to an average of 30 percent of calories or less and average saturated fat intake to less than 10 percent of calories among people aged 2 and older.* (objectives 15.9 & 16.7, also)

2.6 Increase complex carbohydrate and fiber-containing foods in the diets of adults to 5 or more daily servings for vegetables (including legumes) and fruits, and to 6 or more daily servings for grain products. (objective 16.8, also)

2.8 Increase calcium intake so at least 50 percent of youth aged 12-24 and 50 percent of pregnant and lactating women consume 3 or more servings daily of foods rich in calcium, and at least 50 percent of people aged 25 and older consume 2 or more servings daily.

Response to items 72 through 78, which measure food choices, is also reported by gender. Grade level variations are noted only when a pattern is apparent.

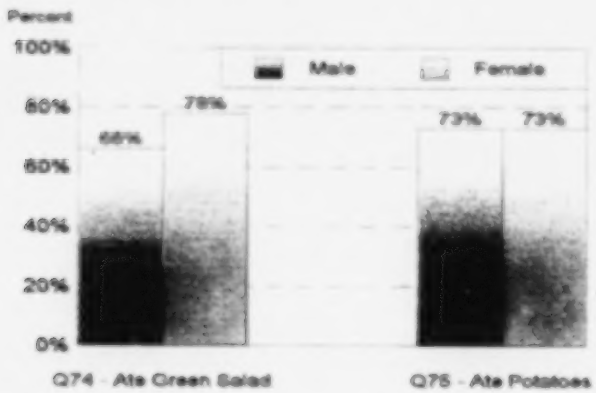
Q72 & Q73 Percentage of students who drank 100% fruit juice (85%) or ate fruit (86%) one or more times during the past 7 days.



During the week preceding the survey, 85 percent of Nevada high school students drank fruit juice one or more times and 86 percent ate fruit at least once. More males (86%) than females (84%) drank fruit juice and more female students (87%) than male students (85%) ate fruit. Daily juice drinking was reported by equal percentages of males and females (30%), but females were more likely than males to report eating fruit daily (27% vs. 24%).

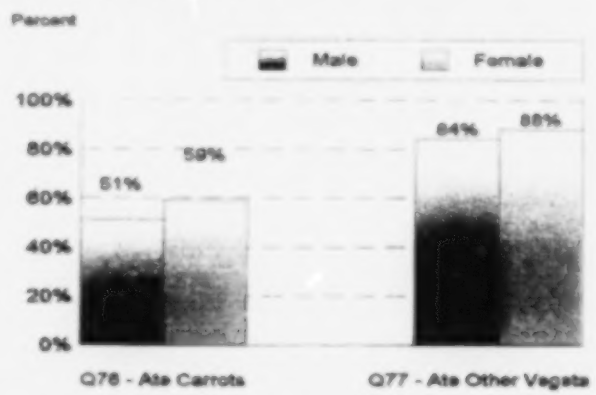
* Not directly measured by a YRBS question

Q74 & Q75 **Percentage of students who ate green salad (72%) or potatoes (73%) one or more times during the past 7 days.**



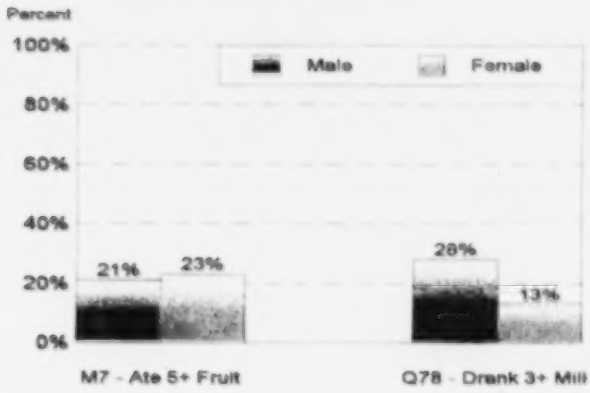
Seventy-two percent of Nevada high school students ate green salad one or more times during the week before the survey, and 73 percent ate potatoes other than chips or fries during that week. Females were more likely to have eaten green salad than males (78% vs 66%), but no gender difference was apparent in the likelihood of eating potatoes (73% each). Eating salad every day was more likely among female students than male students (14% vs 12%), while daily eating of potatoes was more common among males than females (9% vs 7%).

Q76 & Q77 **Percentage of students who ate carrots (55%) or other vegetables (86%) one or more times during the past 7 days.**



During the week preceding the survey, 55 percent of Nevada high school students ate carrots one or more times and 86 percent ate other vegetables. More female students (59%) than male students (51%) ate carrots, and more females (88%) than males (84%) ate other vegetables. Daily eating of both carrots and other vegetables was more likely among female students (8% and 24%, respectively) than among male students (6% and 19%, respectively).

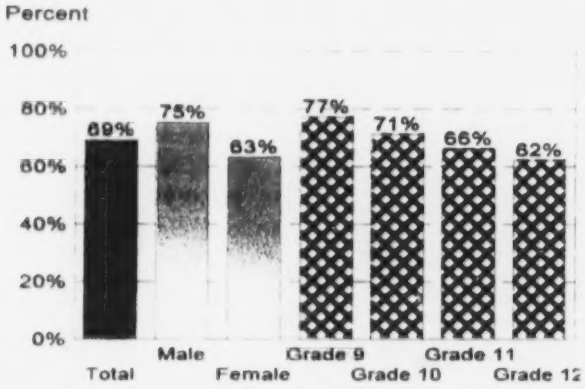
M7 & Q78 **Percentage of students who ate five or more servings of fruits and vegetables per day (22%) or drank three or more glasses of milk per day (21%) during the past 7 days.**



Twenty-two percent of Nevada high school students ate five or more servings of fruits and vegetables per day during the week before the survey, and 21 percent drank three or more glasses of milk on a daily basis during that week. Female students were more likely to have eaten five or more servings of fruits and vegetables each day than male students (23% vs 21%), but males were more than twice as likely to have had three or more glasses of milk daily during the past seven days (28% vs 13%).

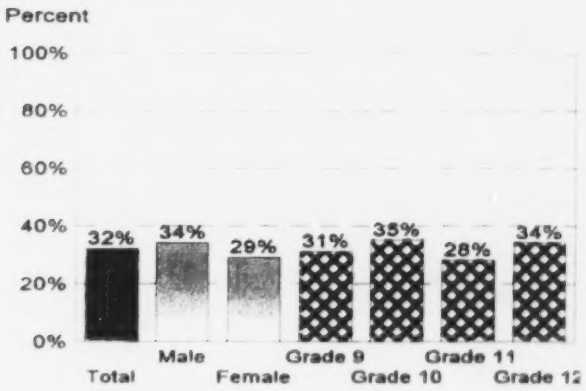
Response to survey items 79-86, which measure participation in physical activity, is summarized below.

Q79 Percentage of students who exercised or participated in sports activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the last 7 days = 69%.



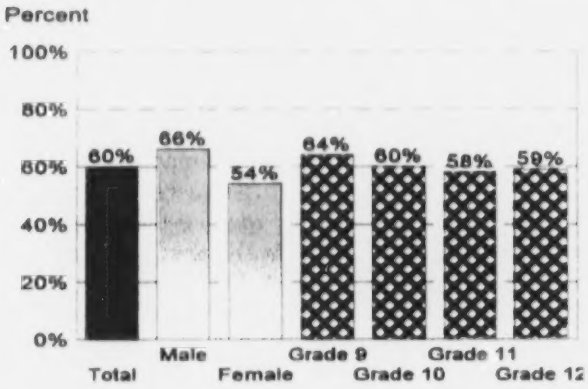
Sixty-nine percent of Nevada high school students exercised or participated in sports activities that made them sweat and breathe hard for at least 20 minutes on three or more days during the week preceding the survey. Significantly more males (75%) than females (63%) took part in vigorous physical activity such as basketball, jogging, fast dancing, or tennis. Participation in 20 minutes of aerobic activity at least 3 times a week was reported by larger percentages of students in grades nine and ten (77% and 71%, respectively) than in grades eleven and twelve (66% and 62%, respectively). Since 1997, the percentage of students engaging in strenuous physical activity has increased by nearly 5 percent, but it still falls short of the 75 percent goal for the year 2000.

Q80 Percentage of students who participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days = 32%.



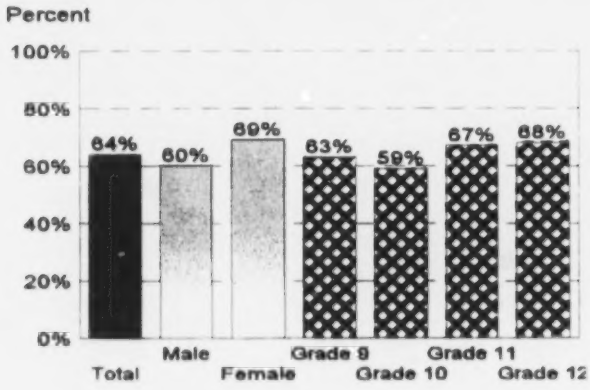
Less than a third of Nevada high school students (32%) participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days. More males (34%) than females (29%) exercised moderately in the past week. Thirty-one percent of ninth graders, 35 percent of tenth graders, 28 percent of eleventh graders, and 34 percent of twelfth graders engaged in light to moderate physical activity for at least 30 minutes per day. The overall percentage of students who regularly engage in moderate physical activity exceeds the 30 percent goal established for the year 2000; however, rates for females and eleventh graders fall below that level.

Q81 Percentage of students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days = 60%.



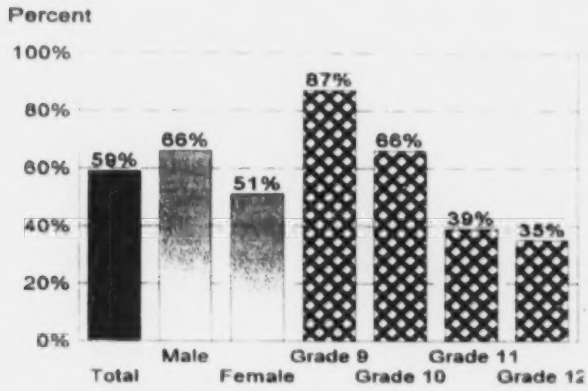
Sixty percent of Nevada high school students did exercises to strengthen or tone their muscles on three or more days in the week preceding the survey. Significantly more male students (66%) than female students (54%) did exercises such as push-ups, pull-ups, or weight lifting. Sixty-four percent of ninth graders, 60 percent of tenth graders, 58 percent of eleventh graders, and 59 percent of twelfth graders exercised to strengthen or tone their muscles. Since 1997, the percentage of students who regularly exercise to strengthen or tone their muscles has increased by 5 percent and now surpasses the 40 percent goal set for the year 2000 by 20 percentage points.

Q82 Percentage of students who watched two hours or less of TV on an average school day = 64%.



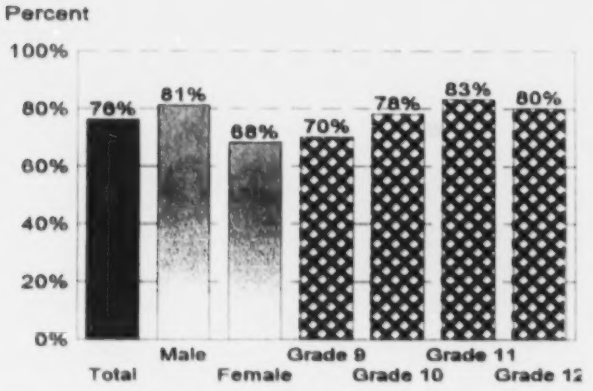
Nearly two-thirds of Nevada high school students (64%) spent two hours or less watching TV on an average school day. More female students (69%) than male students (60%) spent two hours or less watching TV on school days. Students in grades nine and ten (63% and 59%, respectively) were less likely to report watching two hours or less of TV on an average school day than students in grades eleven and twelve (67% and 68%, respectively).

Q83 Percentage of students who attended physical education (PE) class one or more days during an average school week = 59%.



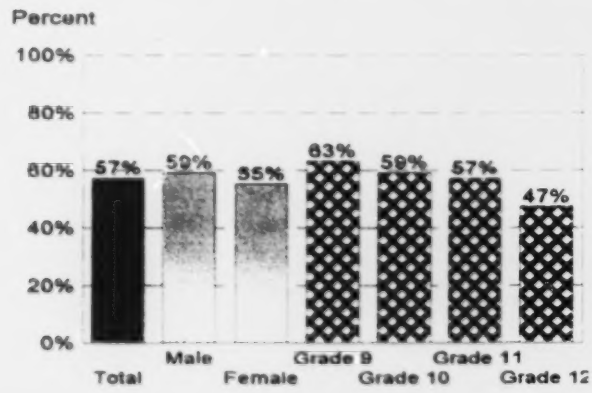
Fifty-nine percent of Nevada high school students attended physical education (PE) class one or more days during an average school week, and 36 percent attended PE daily. Greater percentages of males (66% weekly, 41% daily) than females (51% weekly, 31% daily) reported PE attendance. Students in grades 9 and 10 were more likely to attend PE classes (76% weekly, 47% daily) than students in grades 11 and 12 (37% weekly, 23% daily). Since 1997, the percentage of students attending PE at least once a week increased by 3.5 percent, but daily PE attendance dropped nearly 3 percent.

Q84 Percentage of students enrolled in physical education (PE) who exercised or played sports for more than 20 minutes during an average PE class = 76%.



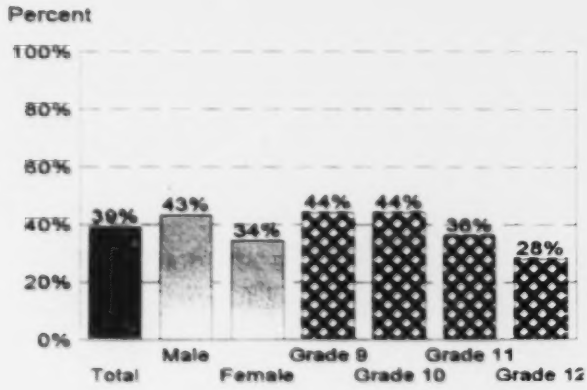
More than three-fourths (76%) of Nevada high school students enrolled in physical education (PE) class exercised or played sports for more than 20 minutes during an average class. Significantly more males (81%) than females (68%) exercised or played sports during PE. The likelihood of the time spent exercising or playing sports exceeding 20 minutes increased from 70 percent at grade 9 to 83 percent at grade 11. Weighted data were not reported for grade 12, since fewer than 100 twelfth graders in the sample were enrolled in PE; however, unweighted data showed that 80 percent of twelfth graders enrolled in PE were physically active for more than 20 minutes of an average PE class.

Q85 Percentage of students who played on one or more sports teams during the past 12 months = 57%.



During the past year, 57 percent of Nevada high school students played on one or more sports teams run by their school or by community groups. Male students were more likely to play on sports teams (59%) than female students (55%); however, the difference was far less than in previous years when separate questions were asked for school sports teams and teams run by outside organizations. Sixty-three percent of ninth graders, 59 percent of tenth graders, 57 percent of eleventh graders, and 47 percent of twelfth graders were active in sports.

Q86 Percentage of students who were injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse during the past 12 months = 39%.



During the twelve months prior to the survey, 39 percent of Nevada high school students were injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse. Male students were more likely than female students to report being injured while being physically active (43% vs 34%). Forty-four percent each of ninth graders and tenth graders, 36 percent of eleventh graders, and 28 percent of twelfth graders were injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse in the past year.

INDICATORS OF RISK

Research in the area of risk factors has identified certain behaviors that appear to increase the probability that youth will compromise their present or future health and well-being. The table below identifies the proportions of youth exhibiting 10 at-risk behaviors measured by the YRBS.

AT-RISK INDICATORS

Area	*Indicator of Risk*	*Definition of Indicator*	*All Students Grades 9-12*
Tobacco, Alcohol, & Other Drug (TAOD) Use	**Regular Smoking**	Has smoked cigarettes daily or on at least 20 of the last 30 days	17%
	Frequent Alcohol Use	Has used alcohol on at least 3 to 5 days (or about once each week) in the past month	32%
	Frequent Marijuana Use	Has used marijuana at least 3 to 9 times (or about once each week) in the past month	17%
Anti-Social Behavior	**Physical Fighting**	Has been in a physical fight on school property at least once in the past 12 months	14%
	Weapon Carrying	Has carried a weapon on school property at least once in last 30 days	8%
Depression/ Suicide	**Considered Suicide**	Has seriously considered attempting suicide during the past 12 months	20%
Vehicle Safety	**Rode With Driver Under Influence (DUI)**	Has ridden in a car driven by someone under the influence of alcohol or other drugs in the past 30 days	35%
	Drove Under Influence	Has driven a car while under the influence of alcohol or other drugs in the past 30 days	17%
Sexual Activity	**Sexually Active**	Has had sexual intercourse with 1 or more persons during the past 3 months	37%
	4+ Sex Partners	Has had sexual intercourse with 4 or more people during lifetime	18%

PATTERNS OF RISK

The co-occurrence table on the next page estimates the probability of a student who is at risk in one area also being at risk in other areas. For example, if a student is at risk in the area of smoking, there is a 72 percent chance that he or she is also at risk in the area of alcohol and a 52 percent chance that he or she is at risk for frequent marijuana use. These risks can be compared with levels of 32 percent and 17 percent, respectively, in the general population of students.

A similar analysis included in the Nevada Department of Education's 1996 and 1998 *Safe and Drug-Free Schools and Communities Student Survey* report linked risks in the areas of TAOD use and anti-social behavior with school-related behaviors such as low grades, frequent absences, and plans to drop out of school. Daily smoking, for example, nearly doubled the risk of frequent absences and tripled the likelihood of low grades and dropout plans among tenth graders.

CO-OCCURRENCE PATTERNS AMONG AT-RISK BEHAVIORS*

IF AT RISK IN THIS AREA:		PERCENTAGE OF AT-RISK BEHAVIORS IN RELATED AREAS 1999 YRBS: Grades 9-12									
		Regular Smoking 17**	Frequent Alcohol 32**	Frequent Marijuana 17**	Fighting at School 14**	Weapons at School 8**	Considered Suicide 20**	Rode DUI 35**	Drove DUI 17**	Sexually Active 37**	4+ Sex Partners 18**
TAOD Use	Regular Smoking	--	72	52	23	19	36	64	37	68	44
	Frequent Alcohol	37	--	40	20	15	29	68	42	59	32
	Frequent Marijuana	50	78	--	24	19	34	69	40	63	43
Anti-Social Behavior	Fighting at School	28	48	30	--	22	29	50	29	46	27
	Weapons at School	42	64	41	39	--	34	55	37	54	41
Depression /Suicide	Considered Suicide	29	45	27	19	13	--	44	22	49	24
Vehicle Safety	Rode DUI	30	63	33	20	12	26	--	39	52	28
	Drove DUI	36	82	41	24	18	28	82	--	66	42
Sexual Activity	Sexually Active	31	53	30	17	11	28	51	31	--	41
	4+ Sex Partners	44	64	44	22	19	30	59	42	88	--

*See explanation on previous page.
**Proportion of all students in grades 9-12 at risk in this area

1999 NEVADA YRBS

TRENDS ANALYSIS

AND

APPENDICES

TRENDS IN HEALTH RISK BEHAVIORS AMONG NEVADA HIGH SCHOOL STUDENTS
Percentage by Year

	ITEM	RESPONSE	1993 N = 2030	1995 N = 1538	1997 N = 1464	1999 N = 1677
Q1.	How old are you?	15 yrs old or younger	40.4	37.1	35.2	38.1
		16 or 17 years old	49.5	50.1	52.4	50.5
		18 yrs old or older	10.0	12.7	12.4	11.5
		Missing	0.1	0.1	0.0	0.0
Q2.	What is your sex?	Female	50.5	51.8	50.5	52.3
		Male	49.2	47.7	49.3	47.1
		Missing	0.3	0.5	0.2	0.6
Q3.	In what grade are you?	9th grade	30.9	26.3	24.9	29.4
		10th grade	31.9	29.4	28.2	25.7
		11th grade	21.8	22.6	25.9	27.8
		12th grade	15.2	21.4	20.9	16.3
		Ungraded or other	*	*	*	0.2
		Missing	0.2	0.3	0.2	0.6
Q4.	How do you describe yourself?	Am Ind/Alaska Nat	*	*	*	1.1
		Asian	*	*	*	3.8
		Black or African Am	7.5	7.5	5.5	5.0
		Hispanic or Latino	13.2	10.7	11.7	12.5
		Nat Hawaii/Pac Islan	*	*	*	1.5
		White	66.2	68.8	67.8	67.1
		Multiple-Hispanic	*	*	*	4.2
		Multiple-Non-Hispan	*	*	*	3.8
		Missing	0.9	1.1	0.3	1.0
Q5.	How tall are you without your shoes on?	Height in feet and inches	*	*	*	**
Q6.	How much do you weigh without your shoes on?	Weight in pounds	*	*	*	**

Q7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?	Didn't ride motorcycle	67.5	66.6	73.4	66.5
	Never	8.4	6.9	6.3	7.4
	Rarely	2.5	2.5	1.7	2.3
	Sometimes	1.6	1.7	1.4	2.7
	Most of the time	3.8	4.3	2.9	5.3
	Always	16.2	18.0	14.3	15.7
	Missing	N = 38	N = 24	N = 41	N = 13
Q8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?	Didn't ride a bicycle	28.0	27.2	29.4	30.5
	Never	66.8	66.2	61.7	58.9
	Rarely	2.1	2.8	2.8	4.2
	Sometimes	1.3	1.5	2.1	2.3
	Most of the time	0.9	1.4	2.2	2.1
	Always	1.0	0.9	1.8	2.0
	Missing	N = 59	N = 37	N = 40	N = 8
Q9. How often do you wear a seat belt when riding in a car driven by someone else?	Never	6.6	5.3	4.7	4.6
	Rarely	15.1	13.6	12.9	8.7
	Sometimes	18.9	17.5	18.5	18.0
	Most of the time	28.7	32.0	30.2	30.5
	Always	30.8	31.5	33.7	38.2
	Missing	N = 5	N = 2	N = 0	N = 9
Q10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?	0 times	64.8	63.2	66.6	64.8
	1 time	11.1	12.0	10.4	11.6
	2 or 3 times	12.2	15.0	13.3	13.6
	4 or 5 times	4.2	3.3	3.3	3.6
	6 or more times	7.7	6.5	6.4	6.3
	Missing	N = 5	N = 1	N = 1	N = 11
Q11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?	0 times	87.9	86.1	85.0	83.0
	1 time	5.8	5.6	5.7	7.1
	2 or 3 times	3.8	4.8	5.5	6.5
	4 or 5 times	0.7	1.7	1.4	1.2
	6 or more times	1.8	1.8	2.4	2.3
	Missing	N = 24	N = 12	N = 19	N = 12
Q12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?	0 days	75.6	77.7	79.6	81.6
	1 day	3.7	4.6	3.7	3.4
	2 or 3 days	6.7	5.2	5.5	4.1
	4 or 5 days	3.0	2.2	1.9	1.3
	6 or more days	11.0	10.3	9.4	9.6
	Missing	N = 39	N = 25	N = 10	N = 30

Q13. During the past 30 days, on how many days did you carry a gun?	0 days	91.2	91.8	93.7	94.6
	1 day	2.6	2.6	1.5	1.8
	2 or 3 days	2.8	2.0	2.2	1.4
	4 or 5 days	0.9	0.9	0.6	0.4
	6 or more days	2.5	2.7	2.0	1.8
	Missing	N = 23	N = 16	N = 5	N = 16
Q14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?	0 days	88.0	89.2	89.9	91.9
	1 day	3.0	2.6	2.7	2.1
	2 or 3 days	2.3	2.5	2.1	1.5
	4 or 5 days	1.0	0.9	0.7	0.2
	6 or more days	5.7	4.7	4.7	4.3
	Missing	N = 26	N = 15	N = 7	N = 13
Q15. During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?	0 days	92.2	94.2	94.3	95.4
	1 day	3.7	2.8	2.3	2.4
	2 or 3 days	2.4	1.5	1.9	1.3
	4 or 5 days	0.6	0.4	0.3	0.2
	6 or more days	1.1	1.0	1.1	0.7
	Missing	N = 5	N = 2	N = 0	N = 1
Q16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?	0 times	89.7	90.5	91.5	90.6
	1 time	4.4	4.6	4.2	4.5
	2 or 3 times	3.1	2.7	2.4	2.1
	4 or 5 times	0.6	0.9	0.4	1.0
	6 or 7 times	0.7	0.2	0.4	0.4
	8 or 9 times	0.5	0.2	0.2	0.3
	10 or 11 times	0.1	0.0	0.0	0.2
	12 or more times	0.9	0.9	0.8	1.0
	Missing	N = 4	N = 2	N = 0	N = 3
Q17. During the past 12 months, how many times were you in a physical fight?	0 times	57.9	59.2	66.0	65.7
	1 time	17.9	16.5	14.8	14.8
	2 or 3 times	13.6	12.6	10.6	11.4
	4 or 5 times	3.6	5.0	2.3	3.0
	6 or 7 times	2.0	1.7	2.1	1.0
	8 or 9 times	1.7	1.1	0.9	0.8
	10 or 11 times	0.6	0.1	0.4	0.4
	12 or more times	2.7	3.8	3.0	3.0
	Missing	N = 39	N = 16	N = 28	N = 13

Q18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?	0 times	95.9	96.8	96.8	95.6
	1 time	3.2	2.7	2.3	3.2
	2 or 3 times	0.6	0.3	0.5	0.6
	4 or 5 times	0.2	0.0	0.2	0.1
	6 or more times	0.0	0.2	0.2	0.6
	Missing	N = 12	N = 6	N = 7	N = 7
Q19. During the past 12 months, how many times were you in a physical fight on school property?	0 times	79.9	80.9	84.8	86.3
	1 time	12.9	11.8	9.6	8.5
	2 or 3 times	5.4	5.0	3.8	3.8
	4 or 5 times	0.8	0.9	0.6	0.7
	6 or 7 times	0.1	0.4	0.6	0.2
	8 or 9 times	0.2	0.3	0.2	0.0
	10 or 11 times	0.1	0.0	0.1	0.0
	12 or more times	0.6	0.7	0.4	0.4
	Missing	N = 28	N = 11	N = 15	N = 11
Q20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?	Yes	*	*	*	10.8
	No	*	*	*	89.2
	Missing	*	*	*	N = 7
Q21. Have you ever been forced to have sexual intercourse when you did not want to?	Yes	*	*	*	9.5
	No	*	*	*	90.5
	Missing	*	*	*	N = 5
Q22. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	Yes	*	*	*	27.8
	No	*	*	*	72.2
	Missing	*	*	*	N = 1
Q23. During the past 12 months, did you ever seriously consider attempting suicide?	Yes	26.8	22.9	22.2	19.5
	No	73.2	77.1	77.8	80.5
	Missing	N = 6	N = 3	N = 1	N = 8

Q24. During the past 12 months, did you make a plan about how you would attempt suicide?	Yes No Missing	21.2 78.8 N = 9	16.7 83.3 N = 5	14.5 85.5 N = 1	16.1 83.9 N = 2
Q25. During the past 12 months, how many times did you actually attempt suicide?	0 times 1 time 2 or 3 times 4 or 5 times 6 or more times Missing	88.5 6.5 3.3 0.7 1.0 N = 142	90.7 5.2 2.2 0.6 1.2 N = 102	91.8 4.3 2.5 0.5 0.8 N = 89	91.5 4.0 3.1 0.5 0.9 N = 115
Q26. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	Did not attempt suicide Yes No Missing	88.5 3.3 8.3 N = 151	90.6 2.9 6.4 N = 108	91.8 1.9 6.3 N = 92	91.1 2.4 6.5 N = 110
Q27. Have you ever tried cigarette smoking, even one or two puffs?	Yes No Missing	68.2 31.8 N = 15	72.8 27.2 N = 46	68.6 31.4 N = 24	69.2 30.8 N = 23
Q28. How old were you when you smoked a whole cigarette for the first time?	Never smoked a cig 8 yrs old or younger 9 or 10 years old 11 or 12 years old 13 or 14 years old 15 or 16 years old 17 or more years old Missing	44.3 6.7 7.7 13.8 16.3 9.7 1.6 N = 39	39.9 6.1 7.8 14.8 20.2 10.0 1.2 N = 18	43.0 4.7 4.4 14.3 22.7 8.9 2.0 N = 12	42.7 5.2 6.2 15.6 18.9 9.9 1.6 N = 47
Q29. During the past 30 days, on how many days did you smoke cigarettes?	0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days Missing	70.1 6.1 3.6 2.7 3.6 3.5 10.4 N = 62	67.1 8.1 3.5 2.1 3.4 3.5 12.3 N = 38	70.6 5.2 3.8 3.1 2.8 3.9 10.6 N = 45	67.4 6.7 2.7 3.1 3.2 3.2 13.5 N = 32

Q30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?	Did not smoke	69.7	66.5	70.4	67.1
	Less than 1 per day	5.0	6.0	4.6	5.3
	1 per day	4.5	5.6	5.7	5.4
	2 to 5 per day	12.7	12.3	11.6	11.2
	6 to 10 per day	4.6	5.5	3.7	6.1
	11 to 20 per day	2.6	3.1	2.7	4.0
	More than 20 per day	0.9	1.1	1.2	0.9
	Missing	N = 42	N = 28	N = 41	N = 28
Q31. During the past 30 days, how did you usually get your own cigarettes?	Did not smoke		65.7	68.6	67.2
	Store		11.6	6.7	7.7
	Vending machine		1.6	1.4	0.3
	Somone else bought	*	5.2	8.5	10.3
	Borrowed them		11.5	9.8	8.7
	Stole them		1.2	2.0	1.9
	Some other way		3.2	3.1	3.9
	Missing		N = 23	N = 17	N = 32
Q32. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?	Did not smoke		64.7	68.4	*
	Did not buy cigarette		15.6	18.3	83.7
	Yes	*	7.5	8.0	8.8
	No		12.2	5.3	7.5
	Missing		N = 29	N = 27	N = 3
Q33. During the past 30 days, on how many days did you smoke cigarettes on school property?	0 days	84.9	82.7	85.2	82.9
	1 or 2 days	4.2	3.9	3.8	5.2
	3 to 5 days	2.3	2.4	2.5	1.7
	6 to 9 days	1.3	1.6	0.8	1.2
	10 to 19 days	1.9	1.9	2.4	2.1
	20 to 29 days	1.7	2.5	2.0	1.9
	All 30 days	3.6	4.8	3.2	4.9
	Missing	N = 26	N = 16	N = 15	N = 14
Q34. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?	Yes				24.2
	No	*	*	*	75.8
	Missing				N = 20
Q35. Have you ever tried to quit smoking cigarettes? ***	Yes	18.4	37.6	35.8	33.5
	No	81.6	62.4	64.2	66.5
	Missing	N = 6	N = 160	N = 163	N = 108

Q36. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days Missing	88.9 ***	88.6 3.5 1.4 1.5 1.3 1.2 2.5 N = 9	90.5 3.7 1.1 1.0 0.9 0.7 2.1 N = 3	89.6 4.5 1.5 1.3 0.8 0.6 1.7 N = 5
Q37. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?	0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days Missing	92.6 ***	92.8 2.2 0.7 0.9 1.0 0.7 1.7 N = 9	93.7 2.2 0.7 0.7 0.7 0.4 1.6 N = 3	94.5 2.6 0.3 0.2 0.5 0.6 1.3 N = 5
Q38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?	0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days Missing	.	.	.	80.0 10.5 4.1 2.1 1.6 0.7 1.0 N = 4
Q39. During your life, on how many days have you had at least one drink of alcohol?	0 days 1 or 2 days 3 to 9 days 10 to 19 days 20 to 39 days 40 to 99 days 100 or more days Missing	22.7 11.5 16.4 9.6 13.0 11.8 15.1 N = 155	17.1 11.0 17.4 12.6 12.4 13.3 16.2 N = 100	20.7 12.5 14.3 11.3 13.0 12.2 16.0 N = 89	19.2 9.1 14.9 12.0 12.7 12.9 19.2 N = 134
Q40. How old were you when you had your first drink of alcohol other than a few sips?	Never drank alcohol 8 years old-younger 9 or 10 years old 11 or 12 years old 13 or 14 years old 15 or 16 years old 17 or more years old Missing	22.3 13.4 9.2 15.1 24.5 13.7 1.9 N = 137	16.7 14.7 9.7 16.9 26.9 13.3 1.8 N = 92	20.0 13.3 7.5 16.1 29.5 12.1 1.4 N = 91	18.8 11.4 8.9 17.2 25.8 15.6 2.4 N = 121

Q41. During the past 30 days, on how many days did you have at least one drink of alcohol?	0 days	50.8	49.1	50.1	47.0
	1 or 2 days	20.6	20.6	20.7	20.7
	3 to 5 days	11.5	12.6	12.5	12.3
	6 to 9 days	9.4	8.6	6.6	9.6
	10 to 19 days	5.5	6.4	7.4	7.4
	20 to 29 days	1.4	1.9	1.7	1.6
	All 30 days	0.8	0.8	1.0	1.4
	Missing	N = 94	N = 59	N = 56	N = 50
Q42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?	0 days	68.2	66.9	68.0	64.4
	1 day	10.0	9.8	9.6	9.7
	2 days	7.4	7.0	6.8	8.3
	3 to 5 days	7.1	8.5	7.5	7.6
	6 to 9 days	3.9	4.1	3.6	5.1
	10 to 19 days	2.4	2.6	3.2	3.7
	20 or more days	1.0	1.1	1.3	1.2
	Missing	N = 40	N = 29	N = 20	N = 20
Q43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?	0 days	93.8	93.5	91.9	92.9
	1 or 2 days	4.3	3.9	4.8	4.4
	3 to 5 days	0.8	1.3	1.8	1.2
	6 to 9 days	0.5	0.5	0.9	0.7
	10 to 19 days	0.2	0.4	0.3	0.2
	20 to 29 days	0.0	0.1	0.1	0.0
	All 30 days	0.4	0.3	0.3	0.6
	Missing	N = 22	N = 11	N = 10	N = 12
Q44. During your life, how many times have you used marijuana?	0 times[1]	64.1	52.3	53.8	50.5
	1 or 2 times	8.0	10.1	9.0	8.3
	3 to 9 times	7.7	9.5	7.8	9.5
	10 to 19 times	3.8	6.2	6.1	4.9
	20 to 39 times	5.1	5.5	5.6	5.8
	40 to 99 times	4.3	5.0	5.7	5.4
	100 or more times	6.9	11.5	12.1	15.5
	Missing	N = 25	N = 18	N = 13	N = 14
Q45. How old were you when you tried marijuana for the first time?	Never tried marijuan	64.1	52.1	53.4	50.3
	8 years old-younger	2.1	2.5	1.5	2.1
	9 or 10 years old	2.3	2.1	1.6	2.8
	11 or 12 years old	4.6	5.9	7.2	11.0
	13 or 14 years old	12.8	20.3	20.6	21.9
	15 or 16 years old	11.9	14.7	13.5	11.0
	17 or more years old	2.3	2.4	2.2	0.9
	Missing	N = 25	N = 15	N = 7	N = 11

Q46. During the past 30 days, how many times did you use marijuana?	0 times	80.6	73.8	75.2	74.1
	1 or 2 times	6.7	8.4	7.9	8.9
	3 to 9 times	5.2	6.9	6.5	4.9
	10 to 19 times	3.2	4.9	3.0	3.6
	20 to 39 times	2.2	1.8	2.7	2.7
	40 or more times	2.1	4.3	4.7	5.8
	Missing	N = 20	N = 18	N = 17	N = 14
Q47. During the past 30 days, how many times did you use marijuana on school property?	0 times	92.2	90.6	90.3	91.2
	1 or 2 times	3.6	3.8	3.6	2.9
	3 to 9 times	2.4	2.6	2.6	2.7
	10 to 19 times	1.0	1.6	1.5	1.3
	20 to 39 times	0.4	0.7	1.2	1.1
	40 or more times	0.4	0.7	0.8	1.0
	Missing	N = 20	N = 13	N = 15	N = 10
Q48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?	0 times	91.9	88.5	87.2	87.0
	1 or 2 times	3.1	5.1	4.2	5.0
	3 to 9 times	1.9	1.8	3.3	3.1
	10 to 19 times	1.0	0.9	1.4	1.7
	20 to 39 times	0.8	1.4	1.6	1.1
	40 or more times	1.3	2.2	2.2	2.3
	Missing	N = 21	N = 22	N = 12	N = 8
Q49. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?	0 times	96.3	95.1	94.5	95.1
	1 or 2 times	1.5	1.8	2.7	2.3
	3 to 9 times	1.0	1.4	1.7	1.3
	10 to 19 times	0.6	0.8	0.5	0.5
	20 to 39 times	0.2	0.4	0.2	0.3
	40 or more times	0.4	0.5	0.5	0.6
	Missing	N = 12	N = 6	N = 1	N = 9
Q50. During your life, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?	0 times		73.6	79.8	81.0
	1 or 2 times		13.4	9.6	9.0
	3 to 9 times		6.2	5.4	4.4
	10 to 19 times		2.9	2.7	2.3
	20 to 39 times		1.4	1.0	1.5
	40 or more times		2.4	1.6	1.9
	Missing		N = 2	N = 1	N = 7

Q51. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?	0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times Missing	.	.	.	94.9 2.7 1.4 0.5 0.2 0.4 N = 8
Q52. During your life, how many times have you used heroin (also called smack, junk, or China White)?	0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times Missing	.	.	.	97.0 1.3 0.5 0.5 0.1 0.6 N = 1
Q53. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?	0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times Missing	.	.	.	83.8 5.8 3.4 1.2 2.0 3.7 N = 1
Q54. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?	0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times Missing	97.3 1.5 0.4 0.3 0.0 0.5 N = 8	96.5 1.1 1.0 0.8 0.2 0.5 N = 5	96.6 1.3 0.9 0.3 0.1 0.8 N = 1	96.0 2.1 0.7 0.3 0.1 0.7 N = 2
Q55. During your life, how many times have you used a needle to inject any illegal drug into your body?	0 times 1 time 2 or more times Missing	98.6 1.4‡ N = 11	97.1 1.3 1.6 N = 3	97.7 1.0 1.4 N = 1	97.0 1.1 1.9 N = 1
Q56. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?	Yes No Missing	29.8 70.2 N = 6	34.5 65.5 N = 3	38.0 62.0 N = 8	30.9 69.1 N = 4

Q57. Have you ever had sexual intercourse?	Yes	58.4	56.4	47.1	51.3
	No	41.6	43.6	52.9	48.7
	Missing	N = 54	N = 33	N = 36	N = 34
Q58. How old were you when you had sexual intercourse for the first time?	Never had sex. inter.	41.7	43.6	53.0	48.8
	11 years old-younger	5.1	5.2	3.0	3.1
	12 years old	4.6	4.5	3.6	3.7
	13 years old	8.9	8.8	7.7	8.3
	14 years old	14.4	13.1	10.3	12.4
	15 years old	13.9	13.4	11.6	11.3
	16 years old	8.5	7.7	7.2	8.7
	17 years old or older	2.9	3.6	3.6	3.7
	Missing	N = 53	N = 33	N = 40	N = 35
Q59. During your life, with how many people have you had sexual intercourse?	Never had sex. inter.	41.7	43.7	53.0	48.8
	1 person	16.0	16.6	16.0	16.6
	2 people	11.3	9.3	8.6	9.3
	3 people	8.1	7.4	7.1	7.4
	4 people	5.6	4.7	4.3	4.7
	5 people	3.6	3.8	2.0	2.7
	6 or more people	13.8	14.5	9.0	10.5
	Missing	N = 52	N = 35	N = 43	N = 34
Q60. During the past 3 months, with how many people did you have sexual intercourse?	Never had sex. inter.	41.7	43.6	52.8	48.8
	None-past 3 months	18.6	16.2	13.7	14.1
	1 person	27.7	28.1	23.1	27.5
	2 people	6.7	6.1	5.6	4.7
	3 people	2.2	2.7	2.3	2.2
	4 people	0.9	1.6	1.2	0.5
	5 people	0.4	0.5	0.2	0.2
	6 or more people	1.8	1.2	1.0	2.1
	Missing	N = 54	N = 32	N = 38	N = 36
Q61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?	Never had sex. inter.	41.7	43.6	52.8	48.7
	Yes	13.2	13.0	12.9	14.1
	No	45.2	43.4	34.3	37.2
	Missing	N = 52	N = 34	N = 38	N = 33
Q62. The last time you had sexual intercourse, did you or your partner use a condom?	Never had sex. inter.	41.9	43.9	53.2	49.0
	Yes	31.0	32.3	28.1	30.1
	No	27.1	23.7	18.7	20.9
	Missing	N = 67	N = 49	N = 48	N = 46

Q63. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?	Never had sex. inter.	42.2	44.2	53.4	49.6
	No method was used	10.1	7.9	7.4	7.1
	Birth control pills	8.9	7.8	5.9	7.4
	Condoms	27.7	29.1	24.8	25.9
	Depo-Provera	*	*	*	1.7
	Withdrawal	8.0	8.0	6.5	6.0
	Some other method	1.9	2.1	1.1	1.3
	Not sure	1.3	1.0	1.0	1.0
	Missing	N = 78	N = 57	N = 52	N = 62
Q64. How many times have you been pregnant or gotten someone pregnant?	0 times	88.6	90.4	93.0	91.0
	1 time	7.6	6.0	4.6	6.0
	2 or more times	2.1	2.2	1.2	1.5
	Not sure	1.7	1.4	1.1	1.5
	Missing	N = 20	N = 19	N = 18	N = 8
Q65. How do you describe your weight?****	Very underweight	3.2	1.6	2.7	2.1
	Slightly underweight	16.9	15.4	13.8	14.8
	About right weight	48.6	56.4	56.9	55.9
	Slightly overweight	27.0	23.7	23.7	24.9
	Very overweight	4.4	2.8	2.9	2.4
	Missing	N = 11		N = 4	N = 7
Q66. Which of the following are you trying to do about your weight?	Lose weight	39.8	38.7	40.8	41.7
	Gain weight	22.4	24.0	18.2	18.4
	Stay the same weight	18.1	16.6	19.9	17.7
	Not trying anything	19.8	20.7	21.1	22.2
	Missing	N = 10		N = 3	N = 8
Q67. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?	Yes	*	51.5	57.6	60.6
	No		48.5	42.4	39.4
	Missing		N = 3	N = 4	N = 11
Q68. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?	Yes	****	****	****	38.8
	No				61.2
	Missing				N = 3
Q69. During the past 30 days, did you to without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?	Yes	*	*	*	12.2
	No				87.8
	Missing				N = 5

Q70. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight?	Yes No Missing	*	5.3 94.7 N = 1	6.2 93.8 N = 3	8.0 92.0 N = 2
Q71. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?	Yes No Missing	*	5.2 94.8 N = 3	4.8 95.2 N = 3	4.7 95.3 N = 3
Q72. During the past seven days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?***	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	14.9 35.9 19.1 6.7 9.9 6.5 6.9 N = 2
Q73. During the past seven days, how many times did you eat fruit?***	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	13.9 40.7 20.3 8.9 8.9 4.4 3.1 N = 7
Q74. During the past seven days, how many times did you eat green salad?***	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	27.8 42.6 16.6 9.1 2.0 0.4 1.4 N = 3

Q75. During the past seven days, how many times did you eat potatoes?	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	26.6 51.3 14.1 4.6 2.3 0.5 0.5 N = 3
Q76. During the past seven days, how many times did you eat carrots?	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	45.0 40.1 8.0 3.6 1.7 0.3 1.3 N = 4
Q77. During the past seven days, how many times did you eat other vegetables?	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	13.9 41.1 24.0 11.8 5.2 2.1 1.9 N = 2
Q78. During the past seven days, how many glasses of milk did you drink?	Not past 7 days 1-3 times past 7 days 4-6 times past 7 days 1 time per day 2 times per day 3 times per day 4+ times per day Missing	*	*	*	13.7 17.8 17.7 13.0 17.1 10.8 9.9 N = 4
Q79. On how many of the past seven days did you exercise or participate in physical activities for at least 20 minutes that made you sweat and breathe hard?****	0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days Missing	13.5 7.3 10.9 11.1 9.3 15.9 8.0 24.1 N = 14	12.2 8.6 9.2 12.8 9.5 15.4 8.8 23.4 N = 9	14.3 8.4 11.4 12.0 10.7 13.7 9.0 20.7 N = 12	12.9 8.2 9.6 11.5 10.1 13.8 9.1 24.8 N = 3

Q80. On how many of the past seven days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard?	0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days Missing	.	.	.	24.3 11.0 13.2 11.1 8.7 8.3 4.7 18.7 N = 5
Q81. On how many of the past seven days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?	0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days Missing	27.4 7.9 11.4 11.7 8.0 12.6 5.3 15.6 N = 15	24.1 7.9 11.0 13.0 9.0 13.8 5.8 15.5 N = 9	22.5 9.9 10.9 11.4 10.3 14.7 5.5 14.7 N = 12	20.4 8.8 10.6 14.1 9.0 13.1 6.3 17.8 N = 6
Q82. On an average school day, how many hours do you watch TV?	No TV on school days Less 1 hour per day 1 hour per day 2 hours per day 3 hours per day 4 hours per day 5+ hours per day Missing	.	.	.	6.5 17.8 16.4 23.4 16.6 8.9 10.5 N = 10
Q83. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	0 days 1 day 2 days 3 days 4 days 5 days Missing	46.3 1.4 0.6 2.3 0.8 48.5 N = 15	39.7 2.0 1.8 6.8 2.3 47.4 N = 9	42.7 2.4 2.2 11.9 4.0 36.9 N = 15	41.2 1.8 1.5 12.5 6.8 36.2 N = 58
Q84. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?	Do not take PE Less than 10 minutes 10 to 20 minutes 21 to 30 minutes More than 30 min Missing	43.9 5.4 9.2 14.9 26.6 N = 15	39.1 4.7 7.5 17.0 31.7 N = 6	42.3 3.7 8.5 14.7 30.8 N = 13	41.2 5.5 8.9 12.4 32.1 N = 59

Q85. During the past 12 months, on how many sports teams did you play?***	0 teams 1 team 2 teams 3 or more teams Missing	57.0 22.6 13.3 7.1 N = 21	54.2 24.1 14.1 7.6 N = 8	54.6 23.3 13.1 9.0 N = 11	42.6 21.5 19.4 16.5 N = 6
Q86. During the past 12 months, how many times were you injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse?	0 times 1 time 2 times 3 times 4 times 5 or more times Missing	.	.	.	61.0 19.0 10.7 4.5 1.6 3.1 N = 7
Q87. Have you ever been taught about AIDS or HIV infection in school?	Yes No Not sure Missing	82.0 10.8 7.2 N=6	86.8 7.3 5.9 N=4	91.0 6.0 3.1 N=5	86.6 7.7 5.7 N = 11

* Question or response was not included in this year.
**Responses were used to calculate percentage of students at risk for and who are overweight.
***Question related to past 6 months in 1993.
****Question was worded differently in this year.
† "Days" was used in place of "times" in 1993.
‡ Question did not discriminate between 1 time and 2 or more times in 1993.
§ Response was "twice or more" in 1993.

Assembly Concurrent Resolution No. 10

Assembly Concurrent Resolution No 10-Assemblymen Freeman, de Braga, Lambert, Von Tobel, Collins, Herrera, Williams, Arberry, Giunchigliani, Goldwater, Amodei, Ohrenshall, Marvel, Neighbors, Parks, Koivisto, Lee, Mortenson, Chowning, Ernaut, Hettrick, Perkins, Buckley and Berman

April 1, 1997

Referred to Committee on Education

SUMMARY - Expresses support for Nevada's Comprehensive School Health Program. (BDR R-1221)

EXPLANATION - Matter in italics is new, matter in brackets [ ] to be omitted

ASSEMBLY CONCURRENT RESOLUTION - Expressing support for Nevada's Comprehensive School Health Program

Whereas, Today's healthy children are tomorrow's healthy adults; and
Whereas, Nevada currently leads the nation in the number of occurrences of preventable diseases among its residents; and
Whereas, Most health problems can be prevented through a responsible and healthy approach to life; and
Whereas; Prevention of disease is less costly than treatment once a person contracts the disease; and
Whereas; Healthy life-style behaviors are learned and healthy children are ready to learn; and
Whereas, Health and wellness are responsibilities shared among individuals, families, communities, local governments and the state; and
Whereas, Schools have an impact on every Nevadan; and
Whereas, School health programs support the educational process, improve children's health prospects and integrate services for disadvantaged and disabled children; and
Whereas, Nevada's Comprehensive School Health Program includes parent and community involvement, health education, physical education, health services, nutrition services, counseling, psychological and social services, healthy school environments and the promotion of health for staff members; now, therefore, be it Resolved by the Assembly of the State of Nevada, the Senate Concurring, That the members of the Nevada Legislature support Nevada's Comprehensive School Health Program as it pursues the following goals:
1. Families in Nevada will receive the support they need to raise healthy and educated children;
2. All children in Nevada will begin school healthy and ready to learn;
3. Schools in Nevada will provide a healthy and safe learning environment; and
4. All children in Nevada will be healthy and contributing members of society able to adapt to a changing world.

This page was last updated Tuesday, April 01 1997 04:58

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